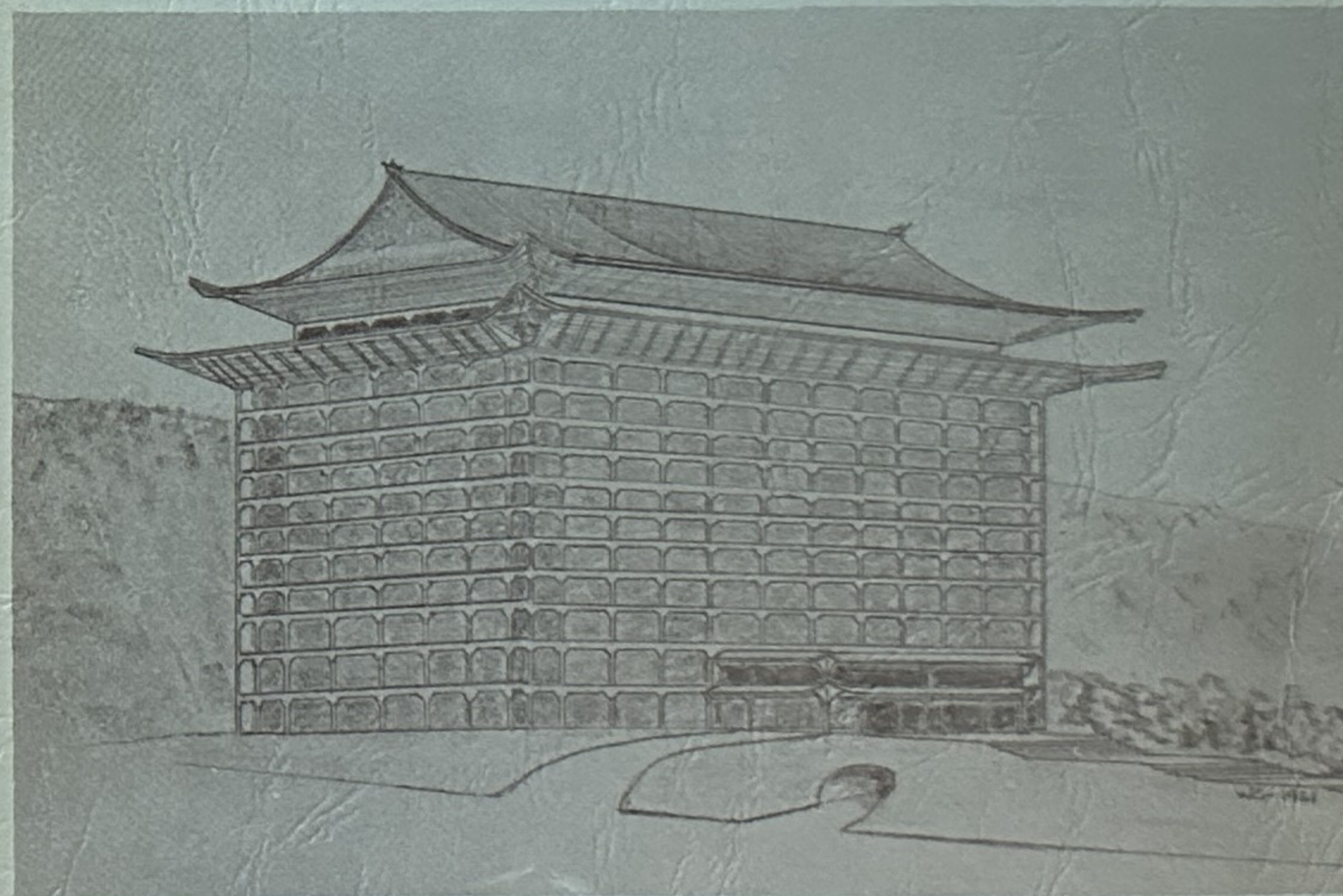


CAROLE CHIANG'S

chinese cooking book



TO UNDERSTAND THE CULTURE OF A COUNTRY, ONE
MUST UNDERSTAND THE CUISINE OF THAT COUNTRY.

6-

CAROLE CHIANG'S

chinese cooking book

CAROLE SHIH-CHUAN TIEN CHIANG

First Printing - March 1981
Second Printing - December 1981

Dedication

In memory of
my father
and
dedicated to
my mother, husband
and
four children.

Second Edition - Third Printing - December 1982
Rapid City, South Dakota

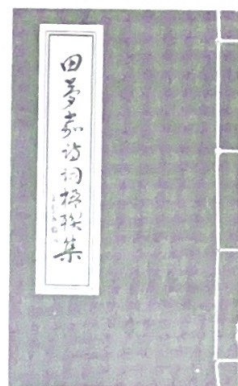
BOOKS AVAILABLE FROM CAROLE CHIANG AT
(605) 348-5822



Fan scrolls written by Ban-Nung Tien
(Carole's grandfather)



Scroll written by
Meng-chia Tien
(Carole's father)



Book written by
Shu-hui-Tien
(Carole's mother)

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Author's Preface

In January of 1976 a neighbor, who wanted to learn a few Chinese dishes, helped me organize and start my first Chinese Cooking class in Rapid City, S.D. My classes at home have continued over the years. Meanwhile, my classes were offered to the general public through the Adult Education program of Rapid City. The response was extremely encouraging.

Personally, it was a satisfying feeling and rewarding experience for me to share my knowledge of Chinese Cooking with friends through the cooking classes. During a typical class we learn, work and laugh together. The atmosphere is harmonious and spontaneous. The mutual exchange of culture is treasured by everyone present. What I have learned from my students through the cooking classes is beyond description and expectation. I know the feelings of my students are mutual. When I look at the proud expressions of my students, reflected from their success in producing an authentic Chinese dinner for friends and relatives, I can't help but know that these classes have achieved their purpose and have given others happiness and satisfaction.

Challenged by my students' enthusiastic attitude in learning, I was encouraged to offer Chinese Cooking II, III and IV. The dishes offered in each group are planned according to the degree of familiarity to the general public. The recipes in Chinese Cooking II offers dishes people have heard about but not very often have had the chance to enjoy. As we go to Chinese Cooking III and IV, more authentic Chinese ingredients are introduced and more authentic and regional dishes are prepared. In order to give students an introduction to Chinese cuisine as a whole, my cooking classes include the representative dishes from each regional school. Each lesson consists of 3 or 4 food items, which usually go well together as a meal. This will help students in choosing and planning the menus for their own dinners. Various kinds of tea are also served in classes.

It is comforting to know that the dishes in most of my cooking classes are well appreciated by my students and their families. Many students have included Chinese meals in their weekly menus. Many have served Chinese food at family gatherings as well as social gatherings. It proves one thing, that cooking--like any art--is universal and cooking is a language which is comprehended by all.

Many students and friends have asked me to record all the recipes in a book. I have given it long and serious thought. I feel that these simple methods of making Chinese dishes, and the exciting and satisfying feelings experienced by all of my students, should be shared by more people. For my previous students, this book can serve as a reference to their continuous adventure in cooking. There are more new recipes to experiment with in Chapter V. For those who are taking my classes, this book will serve as a textbook to guide us in class. In addition, for those who do not have a chance to take my classes, this book can serve as a guideline for self-teaching and self-experimentation in one's own home.

In general, all the recipes in this book are simple and easy to follow by using ordinary kitchen utensils. The recipes are chosen with the idea of introducing Chinese culture in mind. By experimenting with recipes in this book, one will find that Chinese cooking takes no more time than ordinary cooking. Once the fundamental techniques are mastered, delicious and distinctive meals with ingredients easily found in any grocery store can be prepared.

I'd like to point out that some American ingredients have been adapted into several recipes for the purpose of convenience and practicality in order to keep up with the pace of life today.

With best wishes for those who choose to explore in this unlimited culinary horizon, I present this book to you to enjoy, to share and to cherish.

January 21, 1981

POSTSCRIPT: Since the first printing of this book in March 1981, I have received many encouraging words and comments from friends and students. The merchants in Rapid City have been very supportive in buying advertising through my books and selling them. I would like to take this opportunity to thank these merchants sincerely.

During 1982, I have offered Chinese Cooking, Level V, twice. I have included the recipes of Level V as Chapter V in this second edition and third printing of my cookbook. As a result, the original Chapter V has been changed to Chapter VI with added new recipes.

Hope these new recipes will challenge you and bring you more enjoyment and pleasure in Chinese cooking.

Carole Chiang
November 15, 1982
Rapid City, S.D.

About the Author

Carole S. C. Tien Chiang was born in Honan, China. She spent most of her childhood in mainland China. Her family moved to Taiwan in 1948. There she received a B.A. in English Literature from the National Taiwan University in 1954.

Carole came to the U. S. in 1956 for advanced study and received an M.A. in Journalism from Marquette University, Milwaukee, Wisconsin in 1960. In the same year she was married. Her husband Chao-wang Chiang is a professor at the S.D. School of Mines and Technology. They have four children: Wilfred, Manfred, Anne and Cathy. Since her marriage, she and her family have lived in Corning, N.Y. for 4 years, in Denver for 10 years--including 1 year in Virginia and 1 year in Brazil--and moved to Rapid City in 1974. With four children Carole has been a busy "domestic engineer". Among all her duties, she enjoys experimenting in Chinese cuisine and has extended her experimentation to many of her friends. This led to her first Chinese cooking class. Now she teaches at home and in the Adult Education program of Rapid City.

C. W. Chiang

Acknowledgment

I would like to extend my sincere gratitude to my husband for his invaluable assistance and inspiration; to my mother and children for their understanding, patience and help, to my oldest son for his beautiful drawing on the cover and to all my students and friends who have encouraged and motivated me in many ways. My special appreciation goes to Mrs. Patricia Hamm for helping me to start my first cooking class and to Mrs. Mary Colgan for her immeasurable help in putting this book together.

Foreword

Carole Chiang has taught Chinese Cooking for the Rapid City Area Schools Adult Education for four years and has a strong following of people who have been her students.

The students speak highly of Carole's teaching, knowledge of the subject and her cooking ability.

I would like to thank a dedicated, hardworking individual for her years of teaching in our cooking program and her willingness to spread her knowledge of cooking among so many fine people. I wish Carole good luck and prosperity in the publication of her book.

William Warvi

William Warvi
Supervisor of Adult Education

Comments from Students

Would you like a rewarding, fun 2 1/2 hours, once a week for six weeks? The answer is Carole Chiang's Chinese Cooking classes. You learn while cooking authentic Chinese dishes, you laugh with Carole and fun companions, you eat and enjoy every bite, and you ask, "When will the next session start?" I wouldn't miss it!

Emma Armstrong

Carole's cooking classes are very interesting and enjoyable. The recipes are delicious and easy to prepare.

Shirley Bell

It is a novel cooking experience to take part in Mrs. Chiang's cooking classes. She, herself, is an inspiration. She teaches with rare good humor and patience. She demonstrates her recipes with great skill and uses only the best of ingredients. The foods prepared are pleasing to the eye as well as to the taste and they truly exemplify the "art" of Chinese Cooking. The classes are informal and friendly and Mrs. Chiang gives authenticity to her recipes by explaining different customs of the areas of China where the foods originate.

It is an education as well as a pleasure to attend her classes.

Eleanor Bray

The Art of Chinese Cooking as taught by Carole Chiang is an experience everyone should have. She not only prepares and serves you a generous helping of delicious food, spiced with her delightful sense of humor, but adds as well an entertaining side dish of Chinese culture. Every time I use this book I will be reminded of the many pleasant hours spent in Carole's kitchen.

Miriam Dunmire

Carole is an excellent teacher of delicious Chinese food. A delightful person with a rare sense of humor. I'd hate to miss one of her classes!

Marguerite Ryan

The key word in being an interesting cook is "variety". Carole's classes and cook book on Chinese cookery are a must for the housewife, who wants to be creative and bring a tasteful variety to her family's food.

Barbara Snortland

Carole Chiang! Here's a lovely lady out of China with a great amount of eagerness, the willingness to share, and an enterprising person as well!

She chose to teach those of us who are interested in the Culture of China, foods of the Provinces and their methods of cooking.

She has done it all! What a privilege!

Harriet E. Wick

Carole gave us so much of herself, her culture, and an exciting inspiration of learning and doing the techniques of Chinese cooking.

Ardelle Grove

Background Introduction

CHINESE CUISINE:

Chinese cuisine is well known throughout the world. It is an art of beauty, nutrition, mystery and enjoyment. Furthermore, it has three distinct features of color, taste and fragrance. People who are artistic, imaginative, health-minded and budget-minded will find satisfaction, pleasure and enjoyment by experimenting with Chinese food.

As people are getting more and more conscious about weight-control and budget, they tend to turn to Chinese food. Chinese food is high in nutrients and low in calories. Varieties of vegetable are usually served. Meat does not dominate the diet, but several kinds of meat are frequently served at one meal in small quantity. High protein sea food is also often served. Instead of serving sweets with meals, fresh fruits are preferred. In general, crisp and delicate foods with subtle flavor are preferred to heavy oily ones. Chinese diet will enable one to eat lightly and still eat well. This is something other diets can hardly achieve.

REGIONAL COOKING:

China is a big country of 35 provinces. Climate, geography and produce vary from province to province. Therefore, ingredients and cooking methods differ accordingly. In order to have a general picture of Chinese cuisine, we can divide Chinese cooking geographically into 4 distinct schools; namely, Peking, Canton, Shanghai and Szechuan. Each has its own characteristic tastes, ingredients, preparation methods, and appearances.

Peking school represents northern food. Peking for centuries has been the capital of China and has been inhabited by many Chinese royalties. Since it has been literally the intellectual and cultural center of China, it is only natural that many elegant and imaginative dishes have been created. The characteristics of Peking style are its pleasing appearance and its mild taste. The staple foods are bread and noodles. Representative dishes are Peking Duck, Mu-shu Pork, Rice Crust Soup and Mongolian Roast Beef.

Canton School represents southern food. Cantonese have, historically, emigrated to many countries. Through foreign trade and wealth, they nurtured a desire for good food. The characteristics of Cantonese food is color and fruits. Soy sauce is less used to retain natural color of foods. Emphasis is placed on the appealing arrangement and appearance of the dishes. There are many lobster and fish recipes. The

method is generally stir-frying. The typical Cantonese dishes are lobster with black bean sauce, sweet and sour pork, egg roll, suckling pig and roast pork. Rice is the staple.

Shanghai school represents eastern food. Shanghai is the largest and most famous seaport in China. They use many sea food dishes. Shanghai style food uses more sugar and soy sauce. Stewing is more common in this area. Popular dishes are Lion's Head, Drunken Chicken, Scallion Fish & Honey Ham. Rice is the staple.

Szechuan school represents western food although Szechuan province is located in the southwest. Since Szechuan is in the interior part of China, it was not known to the world. During the Sino-Japanese War, the Chinese capital was moved to Chungking, which was the capital of Szechuan province. Ever since then, Szechuan began to be known to the outside world. This area's cooking is enriched by the availability of many spices. Szechuan's hot chili pepper and anise peppercorn distinguish its own style from other schools. The typical Szechuan dish is hot and spicy. There are many salted meat and fish dishes with generous use of garlic, red pepper and leeks. Representative dishes are Hot and Sour Soup, Hot Bean Curd with Pork, Spicy Chicken Salad and Spiced Turnip. Rice is the staple.

In 1948 the Communists took over the entire mainland China. People from every corner of China fled to the island of Taiwan, the smallest province of China. They brought with them the heritage, culture and cooking methods. Each school set up its own restaurants in the capital city of Taipei, Taiwan. Taiwan has since become the center of Chinese culinary culture and the melting pot of Chinese culture. The people in Taiwan are privileged to be exposed to all kinds of Chinese cooking.

UTENSILS FOR COOKING:

It is entirely possible to cook Chinese meals with the available American utensils. The American kitchen has two types of ranges. The gas range is preferred for Chinese cooking with wok. The electric range is good with the skillet, since it distributes heat evenly. However, one must remember to remove the skillet from range immediately after the cooking is finished to prevent overcooking.

The Chinese kitchen does not need many utensils. The following are the essentials:

1. Large skillet or wok: For electric ranges, the skillet is ideal. The electric wok, like the electric frying pan is very useful. It distributes heat evenly. The wok is an all-purpose utensil. It can steam, stir-fry, red-cook, boil and shallow-fry. It can also be used as a fire-pot.
2. Cleaver or sharp knife: The cleaver is a multi-useful utensil. It is used for chopping, mincing, scaling fish, pounding meat to tenderize, crushing, smashing garlic and ginger, slicing, peeling and scooping or transferring ingredients.

There are different weights of blade. Some are light-weight for cutting meat and vegetables. Some are heavy-weight to cut through bones. The cleavers are made of carbon steel, a highly rustable metal. It should be always dried after each washing immediately. Carbon steel is preferable to stainless steel because it takes an edge readily and is sharpened easily.
3. Cutting board: Since all Chinese foods are chopped before cooking, the cutting board is a necessity.
4. Rolling pin: This is a simple wooden roller about 1 1/2" in diameter and 16" long. It is tapered off at the ends for easy rolling.
5. Chopsticks: Used for eating and also for stirring ingredients, beating eggs, folding dough, and spinning sugar. They are made of plastic, ivory, bamboo and wood. The wooden chopsticks are commonly used for cooking.
6. Steamer: As one does more Chinese cooking, a steamer becomes a necessity. There are two kinds of steamers. The bamboo kind can be set right over the wok. The aluminum kind has its own pot for steaming. The steamer has several layers. Therefore, several dishes can be cooked at the same time. The steamer is an energy saver. The vegetables and meat cooked in the steamer retain their nutritional value and beautiful color. It is a very useful and handy utensil.

METHOD OF CUTTING: Cutting meat and vegetables is the most important procedure in Chinese cooking. In most recipes, the vegetables and meat are cut into the same shape and size. The following are the different kinds of cutting methods:

1. Straight cutting: The knife is held straight up and down and the item is cut to the desired thickness.
2. Diagonal cutting: The knife is held at an angle of 45 degrees for cutting. This method is used mostly for vegetables.
3. Roll cut: The knife is held at an angle to the item while the opposite hand rolls the item, changing the angle as the knife cuts diagonally. This method is mainly for cutting carrots, broccoli stalks and asparagus.
4. Dicing: Cut ingredients into slices, then into strips, then into very small pieces about 1/4" square.
5. Mincing: Cut into rice-size pieces. The ingredients are cut so fine that they become a paste.

METHOD OF COOKING:

1. Stir-frying: All ingredients should be on hand before starting to stir-fry. This method means that ingredients are cooked by stirring quickly over high heat in little oil. This method will preserve color, texture and taste as well as nutritional value.
2. Steaming: This method is very popular in China, because it is simple and does not require constant attention. Steaming preserves flavors and food nutrients. Several dishes can be cooked at the same time by using several layers of steamer trays.
3. Red-cooking: To cook meat in soy sauce and water. This method is like stewing. Soy sauce will make the dish rich, tasty and reddish brown.
4. Blanching or parboiling: Immerse vegetables in boiling water one to two minutes until color is heightened. Quickly rinse with cold water. This process keeps green vegetables jade green.
5. Braising: Place food in small amount of liquid, cover pot tightly and cook at low temperature in oven or on top of the range.
6. Shallow-frying: To brown food over medium heat with a little oil in skillet.
7. Deep-frying: This method is used in making breaded meat and vegetable fritters. Sometimes marinated meats are deep-fried before stir-frying with vegetables.

COMMON INGREDIENTS:

Anise (star anise): It is shaped like a star with 8 points. It gives delicate flavor to meat and poultry.

Bean curd (To-fu): Available in local grocery store. It is made of pureed soybeans. It does not have any flavor of its own. It absorbs the flavor of other ingredients.

Black beans (fermented): Salted black beans used for seasoning in meat or stir-fry meat dishes.

Cellophane noodles (transparent noodles): It is also known as bean thread or vermicelli. Made from mung bean flour. It should be pre-soaked to use in soup and deep-fried in dry form. The noodles will puff up instantly when deep-fried. It is good and crunchy in salad. Sold in plastic bags.

Five-spice powder: Combination of five spices which contains star anise, cinnamon, fennel, Szechuan peppercorn and cloves. It is very strong; use sparingly. Sold in plastic bag. Store in glass jar with cover on.

Ginger root: Fresh. It is a very important seasoning in Chinese cooking. Sold in grocery store by piece or by weight. Peel and put in jar with sherry, cover tightly. Will keep in refrigerator forever.

Ginger juice: Smashed fresh ginger with sherry or water.

Golden lilies (tiger lilies): Dried and pale in color. Pre-soak in water and discard water before using in soup and Mu-shu pork dishes.

Hoisin sauce: Spicy sauce used in marinating meat and stir-frying with meat. It is made from yellow beans, sugar, flour, spices and salt. Sold in 1-pound cans. After opening, refrigerate in a tightly covered jar.

Mushrooms (Chinese dried black): They have a strong flavor. Pre-soak before using, save the water after soaking. This gives a very good flavor in soup. They are very expensive. Store in jar or plastic bag in refrigerator.

Oyster sauce: Thick flavored sauce made from oyster extract. Adds to meat and poultry before stir-frying. Sold in bottles.

Rice (glutinous or sweet rice): Used for making dumplings, sweet dishes and poultry stuffing. They are also called sticky rice.

Rice flour (sweet rice flour): Made from sweet rice. Used for sweet dishes.

Satay sauce: Chinese barbecue sauce--a dark brown, hot, spicy sauce composed of soy sauce, ground shrimp, chili peppers, sugar, garlic oil and spices. It is available in cans or jars.

Sesame seed oil: Used for flavoring mostly--never for deep-frying. Often are used to camouflage any strong odor. They serve the same purpose as lemon in western cuisine.

Shrimp (dried): Have a sharp flavor. Used in small amounts in cooking vegetables. It is an expensive item.



PICTURE DRAWN BY SHIH-WEI TIEN CHANG
(CAROLE'S SISTER)

CHAPTER I

CHINESE COOKING I

1.
 - a. Steamed or Boiled Rice
 - b. Egg Roll
 - c. Sweet and Sour Meat
2.
 - a. Beef with Peapods (Green Peppers, Tomatoes, Onions, etc.)
 - b. Chicken Cashews
 - c. Fried Noodles
3.
 - a. Curry Chiao
 - b. Pao-tze (Steamed Dumpling)
 - c. Tang-pao (Sweet Dumpling)
 - d. Won-ton Soup
4.
 - a. Lion's Head
 - b. Foiled Chicken
 - c. Fried Rice
5.
 - a. Fried Won-ton
 - b. Braised Chicken with Eggs
 - c. Almond Bean Curd
 - d. Sesame Cookies
6.
 - a. Mu-shu Pork
 - b. Small Pancake
 - c. Chow-mein (Fried Soft Noodles)
 - d. Eight Treasure Rice



CLASS ACTIVITIES

Steamed or Boiled Rice

ALL REGIONS

2 c. rice

3 c. water

Method:

1. Wash rice in large bowl with cold water by rubbing gently between thumb and fingers. Drain and repeat this procedure 3 or 4 times, until water is clear.
2. Put drained rice and water in pan and cook over high heat. When it comes to a boil, reduce the heat to low. Put cover on when bubbles settle down and cook for 30 minutes, then turn off the heat.
3. Let stand for 10 or 15 minutes before serving (covered).

REMARKS: Rice crust will form at the bottom of the pan. Take rice out; leave crust in pan. Heat the pan over low heat for 10 - 15 minutes. The crust will pop up from pan. Store rice crust in plastic container after drying for other use.

Egg Roll

CANTON

- 1 1/2 lb. ground beef
- 6 or 8 oz. sm. ready-to-eat cooked shrimp (optional)
- 1/2 head shredded Chinese cabbage (2 c. packed)
- 1 can or 1/2 lb. fresh bean sprouts
- 1/4 c. chopped scallions (Chinese green onions)
- 2 tblsp. water or chicken broth
- 1 tblsp. cornstarch
- Sprinkle of salt and pepper to taste
- 3 tblsp. soy sauce
- 1 pkg. egg roll skin (22 - 25 sheets)

Method:

1. Stir-fry beef until meat is brown. Drain, add onions, shrimp and 3 tblsp. soy sauce; stir-fry a few more minutes and then put it aside.
2. Use 1 tblsp. oil to fry the cabbage and bean sprouts. Sprinkle salt and pepper to taste. Add water (2 tblsp.) to cook until cabbage is soft.
3. Add meat mixture with cabbage and cook for 2 minutes. Add cornstarch paste (1 tblsp. cornstarch and 1 tblsp. water) until gravy is thickened and remove to cool.
4. Place 2 tblsp. filling on the egg roll skin about 1" from edge that is toward you. Roll once or twice, then fold right and left sides toward center. Continue rolling into a tight roll. Stick center edge of skin to roll with water.

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Place with this side face down to hold tightly and to keep its shape until time for frying.

REMARKS: If one has trouble sealing the egg roll, use egg white or cornstarch water. The egg rolls may be frozen after deep fried. Thaw in room temperature, heat in 200° oven for 20 minutes (do not pile egg rolls up) or refry.

Sweet & Sour Meat

CANTON

2 or 3 lbs. of pork, cut into cubes

Method:

1. Boil pork in 4 c. of water with salt and pepper to taste, and 2 or 3 stalks of onion, for 1 hour or 1 1/2 hours.
2. Batter:
3/4 c. flour
2 eggs, beaten
1/2 c. water or meat broth (if using meat broth, put less salt)
Dash of salt
1 tblsp. baking powder
3. Dip cooked pork into batter and deep-fry until brown (4 min.) Drain on paper towel and then put in oven to keep warm.
4. Make sweet and sour sauce:
2 tblsp. catsup
1 tblsp. soy sauce
4 or 5 tblsp. sugar
1/2 c. water or pineapple juice
1 1/2 tblsp. vinegar
2 tblsp. cornstarch
Pinch of salt
5. With 2 tblsp. oil brown in skillet the following cubed vegetables: 1 onion, 1 green pepper, 1 large tomato and 2 or 3 slices canned pineapple.
6. Add sweet and sour sauce to vegetables and bring to boil.
7. Pour over pork, or mix with the pork, and serve.

REMARKS:

1. The deep-fried pork may be frozen and reheated in oven at 200° for 15 minutes or until brown.
2. Other meat--such as, chicken or deer meat--may be used instead of pork (Bone the chicken meat and cube the deer meat.)
3. Shrimp and fish may also be used in this recipe, but they do not need to be boiled before frying.

Beef with Peapods

ALL REGIONS

1 lb. of beef (tip steak, flank steak, round steak) diagonally sliced into bite-size; marinated in sauce for 5 - 10 min.

Sauce:

4 tblsp. soy sauce
1 tblsp. sherry or cooking wine
Sprinkle salt and pepper
2 tsp. cornstarch
2 tblsp. water
2 tblsp. sesame oil,
(or 1 tblsp. vegetable oil and
1 tblsp. sesame oil)

3 stalks of scallions cut into 1 inch long pieces

2 slices of ginger

1/2 lb. peapods; cut the ends off, wash and drain

Method:

1. Heat 4 tblsp. oil in skillet. Stir-fry the scallions and ginger for 2 min. Put in meat and stir-fry quickly until both sides brown. Remove meat to a dish.
2. Use same skillet with 2 tblsp. oil to stir-fry the vegetables for 2 min. Pour in 3 tblsp. of water. Sprinkle salt and pepper to taste and cook another 3 minutes. (Do not cover or the veg. will lose green color.)
3. Return meat to pan, mix with veg. and serve; or arrange veg. on plate with meat on top to serve.

REMARKS: This basic stir-fry beef dish can be used with many vegetables. One can make "beef with broccoli", "beef with tomato", "beef with Bok Choy", "beef with green onions", "beef with bamboo shoots and mushrooms", "beef with zucchini", etc. One can use just one kind of vegetable or a mixture of several vegetables.

Chicken Cashews

PEKING

Bone 1 chicken breast; cut into 1 inch slices (1 cup)

Marinate in the following sauce:

1/4 tsp. salt and sprinkle of pepper
1 tblsp. sherry or cooking wine
1 tblsp. soy sauce
2 tsp. cornstarch
2 tblsp. water
1/4 tsp. Accent
1 tblsp. sesame oil

1 c. green peas

3 stalks green onions (scallions) cut in 1 inch long pieces

1/2 c. cashews

cont'd on Page 6

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Method:

1. Heat skillet with 4 tblsp. oil. Stir-fry green onion first and then chicken until meat becomes white. Remove to plate.
2. Use same skillet. Stir-fry cashews with 1 tblsp. oil for 2 or 3 minutes. Remove to meat plate.
3. Use the same skillet with 2 tblsp. oil to stir-fry green peas. Season with salt and pepper to taste. If the skillet is too sticky, pour in 2 or 3 tblsp. water or broth and cook a little longer until peas are done.
4. Put back chicken and cashews in skillet and mix for 2 min. Remove to serve.

REMARKS:

1. May be prepared in advance up to Step 3. When ready to serve, heat peas and add chicken pieces and cashews.
2. Water chestnuts may be added.

Fried Noodles

SHANGHAI

1 12-oz. pkg., American Beauty Spaghetti

Method:

1. Boil and rinse under cold water until it's not sticky. Pour 2 tblsp. oil on spaghetti to prevent from sticking together.
2. Heat skillet with 2 tblsp. oil, put two cups of cooked spaghetti in and spread the spaghetti to cover the surface of skillet.
3. Shallow cook (turn heat to medium) one side until it is brown.
4. Turn over and cook the other side until brown. Remove to serving plate.
5. Cut into 4 or more pieces to serve.

REMARKS:

1. Fried noodles may be served with any stir-fry dishes. The gravy will flavor the noodles.
2. Fried noodles may be kept warm and crispy in oven.
3. This is an ideal method of using up the leftover spaghetti.

Curry Chiao

SHANGHAI

1 lb. ground beef and 2 c. chopped yellow onions

Filling:

1. Brown and stir-fry beef, drain excess oil. Add 3 tblsp. soy sauce, sprinkle salt and pepper to taste. Add 1 tsp. curry powder and mix well. Put aside in a bowl.

cont'd on Page 7

cont'd from Page 6

2. Use same skillet to stir-fry onion. Add 4 tblsp. water. Sprinkle salt and pepper to taste. Add 1/2 tsp. curry powder. Cook for 3 or 4 minutes.
3. Put beef back into skillet and mix with onion. If it is too watery, add the paste of 1 tblsp. cornstarch and 3 tblsp. water to thicken the gravy and hold meat together.
4. Put aside to cool.

Dough:

1. 1 8-oz. pkg. cream cheese (room temperature)
2. 2 sticks of oleo (room temperature)
3. 2 c. flour
4. Knead together the flour, oleo and cream cheese. Let it stand for 10 minutes.

Method:

1. Divide the dough into 5 parts. Roll each part into a big sheet 1/8 inch thick.
2. Use the edge of glass to cut into round pieces 3 inches in diameter.
3. Put 1 tblsp. filling on each piece and pinch together into a half moon.
4. Decorate the edge by making ridges. Put them on greased cookie sheet.
5. Brush egg yolk on each Curry Chiao before baking to make it colorful and shiny.
6. Bake at 375° for 30 minutes or until brown.

Yields 42 - 44 Curry Chiao.

REMARKS:

1. Chiao stands for the shape of the pastry.
2. I use cream cheese in this recipe. Amazingly, the result is just as Chinese as can be. The dough is much easier to make and less time consuming than the original oil and water dough for this recipe. More flour will be needed as the dough is handled more and more. Sweet fillings, such as nut and cherry pie filling and nut and apple filling, etc., can be used for dessert.

Dao-tze (Steamed Dumpling)

PEKING, HONAN

Dough: 3 10-oz. pkgs. biscuits

Filling:

- | | |
|-----------------------------|--------------------------------|
| 1/2 lb. ground pork or beef | 1 egg |
| 1 stalk green onion | 1 c. chopped green beans |
| 2 tblsp. soy sauce | 1 tblsp. sesame oil (optional) |
| Sprinkle of salt and pepper | |

cont'd on Page 8

cont'd from Page 7

Put meat in bowl, add egg, green onion, vegetable and all ingredients. Stir in one direction for a few minutes. Makes 2 c. of filling.

Method:

1. Open biscuit (freshly taken from refrig.) Roll each biscuit on floured surface to a 4" diameter round piece.
2. Put 2 tblsp. filling in the center of the dough. Hold dough with left hand and pleat the edge with right hand into a swirl on the top.
3. Put each dumpling on 2" square foil and put on the rack of steamer. Leave one inch room between Pao-tze to rise after steaming. Steam in steamer for 20 minutes. (Bring water to boil first, put Pao-tze in the steamer and then timing begins.)
4. Or brush top with butter and sprinkle sesame seeds for decoration and flavor. Bake at 350° for 20 minutes on a greased cookie sheet.
5. Yields 30 Pao-tze.
6. Serve plain or with the following sauce:
2 tblsp. soy sauce
1/2 tsp. sesame oil
1/2 tsp. hot chili oil (optional)
1 tblsp. vinegar
1 tsp. sugar
7. May be frozen and steamed for 10 minutes before serving.

REMARKS:

1. This is a typical northern food. There are many varieties of fillings. The Northerners prefer pork and cabbage filling, while the Southerners like barbecued pork filling.
2. I often mention to my classes that Pao-tze is Chinese hamburger. It is a well-balanced meal in itself.
3. Pao in Chinese means to wrap up.

Tang-pao (Sweet Dumpling)

PEKING, HONAN

Filling:

- 1 1/2 c. apple (diced) 4 or 5 tbsp. sugar
2 tsp. cinnamon powder 1 1/2 c. crushed nuts (optional)

Dough:

- 3 cans of biscuits

Method:

1. Open biscuit (freshly taken from refriger.), roll each biscuit on floured surface to a 4" diameter round piece.
2. Put 1 tblsp. filling in center of dough. Then pinch together, roll over with the gatherings at the bottom. Put a red dot on the smooth side.

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3. Or make the dough into a three-corner hat shape.
4. Steam for 10 or 15 minutes.

REMARKS: The sweet fillings can also be red bean paste, date paste, sesame seed paste, or any fruit filling.

Won-ton Soup

ALL REGIONS

To make Won-ton:

- 1 pkg. Won-ton wrapper

Filling:

- 1 1/2 lb. ground pork 1 egg
1 stalk green onion 1 c. frozen spinach
2 tbsp. soy sauce 1 tbsp. sesame oil (optional)
Sprinkle of salt and pepper

Method:

1. Chop onion and spinach fine.
2. Put meat in bowl, add egg, green onion, spinach and all ingredients. Stir the mixture in one direction for a few minutes. Makes 2 c. of filling.
3. Place 1 tsp. meat mixture in center of each wrapper. Bring opposite corners together in fold. Seal by dotting bottom edge with water and pinching together firmly. Fold other two corners toward each other.

To Make Soup:

- Green colored vegetables, such as broccoli (par-boiled)
and fresh spinach leaves
1/2 c. cooked chicken breast meat (shredded)
4 c. chicken broth Salt and pepper to taste
1/2 tsp. Accent 1 tsp. sesame oil (optional)

Method:

1. Cook Won-ton in boiling water until they float to the surface. Remove to plate.
2. Bring chicken broth to boil, add salt, pepper, sesame oil and Accent to taste.
3. Add cooked Won-ton, the vegetables and chicken meat.
4. Bring to boil and serve in small soup bowls.

REMARKS:

1. The raw Won-ton may be frozen on cookie sheet and stored in plastic bag in the freezer to save space. Thaw before boiling.
2. The boiled Won-ton may be frozen on plate without soup. Thaw before reheating in soup.
3. Leftover filling can also be frozen. Thaw before using.

Lion's Head

SHANGHAI

- Half a head of Chinese cabbage cut into big square pieces. Put them at the bottom of a 5 qt. saucepan.
- Mix 1 lb. of ground pork or beef with the following ingredients:

4 tblsp. soy sauce	Sprinkle of pepper
1/4 tsp. salt	1/2 c. diced green onion
1/2 tsp. Accent	1/4 tsp. ginger powder
1/2 tsp. sesame oil	1 tblsp. cornstarch
1/2 tsp. pale dry sherry wine	1/2 c. water
- Divide the meat into 4 big meat balls or 10 small balls.
- Dip each meat ball in the following sauce:

1 tblsp. cornstarch	1 tblsp. water
1 tblsp. soy sauce	
- Brown each lion's head in oiled and heated skillet. Arrange them on the cabbage in saucepan.
- Cover meat balls, or lion's head, with more cabbage. Pour in 4 c. of chicken broth or water (if water, season with 1/2 tsp. Accent, 1/2 tsp. salt, 1 tblsp. soy sauce) then simmer for 1 hour.
- The following ingredients may be added for richer flavor before simmering: 10 or 12 dry tiger lilies (soaked, snip the end of stem, discard water); 2 or 3 black mushrooms (soaked in water, shredded, save the soaking water and add to the lion's head soup); Mung bean thread, 4 oz. pkg. (soaked in hot water and cut into 2 inch long pieces with scissors, discard water).

REMARKS:

- Lion's head is a meat ball dish. The original cook who invented this dish made one huge meat ball and called it "Lion's Head".
- This dish may be prepared ahead and frozen. Take the top solid oil off before reheating.

Foiled Chicken

SHANGHAI

- Bone 1 chicken breast and cut into slices (1 cup).
 4 stalks green onion, shredded 1" long
 1/2 c. ham or turkey ham-shreds

cont'd on Page 11

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Method:

- Mix meat with the following ingredients and marinate 15 min.

1 tsp. ginger juice*	1/2 tsp. salt
1 tblsp. pale dry sherry wine	1/4 tsp. Accent (optional)
2 tsp. sesame oil	1 tsp. soy sauce
 - Cut foil paper into 5" x 5" pieces.
 - Brush the center of paper with sesame oil.
 - Put a few pieces of onion and ham on foil. Top with 2 pieces of chicken meat.
 - Wrap up chicken in an envelope style tightly.
 - Deep-fry for 4 minutes at 300°.
- *ginger juice: Put 2 smashed ginger slices in jar and add 3 tblsp. wine.

REMARKS: May be prepared in advance and frozen; reheat in oven or refry.

Fried Rice

PEKING, HONAN

- | | |
|--|--------------------------|
| 2 c. cooked, boiled rice | 1/2 c. diced green onion |
| 1/2 c. diced ham or roasted pork or bacon bits | |
| 2 eggs, beaten | 1 tsp. salt |
| 1/2 c. peas | Sprinkle of pepper |

Method:

- Heat 2 tblsp. oil in skillet. Stir-fry ham, onion and peas. Remove from pan.
- Heat 3 tblsp. oil, stir-fry cooked rice first, then pour beaten egg over rice. Add salt and pepper, reduce heat and stir well until rice is thoroughly heated and coated with egg. Then add the mixture of meat and peas, mix well and serve.

REMARKS:

- This is a leftover dish. One can use any leftover cooked meat and available vegetables on hand in this dish.
- The beaten eggs are stirred into rice, coating the rice with gold color. Another method is to scramble the eggs separately and mix with rice.
- There are many ways of making fried rice. This recipe emphasizes on the clean colors. Soy sauce is not used to preserve the gold color of rice.
- The Cantonese fried rice adds soy sauce to rice when cooking to have brown and dark rice.

Fried Won-ton

CANTON

- | | |
|--------------------------|------------------------------|
| 1 lb. ground beef | 2 oz. shrimp |
| 2 stalks green onion | 5 water chestnuts |
| 2 tblsp. soy sauce | 1 tblsp. ginger juice |
| Salt and pepper to taste | 1 c. chopped Chinese cabbage |

Method:

1. Chop shrimp, onion and water chestnuts.
2. Stir-fry beef, drain and add shrimp, cabbage, water chestnuts, onion and all ingredients. Cool the mixture.
3. Wrap 1 tsp. mixture in Won-ton wrapper. Bring opposite corners together in fold. Seal by dotting bottom edge with water and pinching together firmly. Fold other two corners toward each other.
4. Deep-fry until golden brown.

REMARKS: This is a good appetizer. May be frozen. Heat in oven at 200° for 20 minutes.

Braised Chicken with Eggs

ALL REGIONS

- | | |
|--------------------------------------|-----------------------|
| 1 chicken cut into 2" pieces (3 lb.) | 2 slices of ginger |
| 6 hard boiled eggs | 3 cloves of garlic |
| 2 tblsp. wine | 1/2 c. water |
| 3 stalks of green onion (or leeks) | 1 star anise (1 star) |
| 1/4 c. soy sauce | |

Method:

1. Heat 4 tblsp. oil in 5 qt. saucepan. Stir-fry the following ingredients for 2 min.: Garlic, ginger, onion and star anise.
2. Add chicken pieces and stir-fry until meat changes to white color (about 4 min.)
3. Add wine & soy sauce, continue to stir-fry for 2 min.
4. Add 1/2 c. water and turn to simmer with cover on for 30 min.
5. Add 6 hard boiled eggs without shells in gravy and simmer for 10 minutes or more.
6. Serve with eggs cut in half.

REMARKS: If chicken is larger than 3 lb., add more soy sauce to taste. If pork is used instead of chicken, use 4 c. of cubed pork (one-inch cubes); increase water to 1 cup, soy sauce to 1/3 cup and the cooking time to 1 hour.



Almond Bean Curd

PEKING

- | | |
|---|-----------------------|
| 2 pkgs. unflavored gelatin | 1 c. milk |
| 1 can fruit cocktail | 2 tsp. almond extract |
| 1/2 c. sugar (or 3/4 c., if so desired) | |

Method:

Sprinkle gelatin with 1/4 c. of cold water. Add sugar, 2 tsp. almond extract, 2 c. of boiling water and milk. Stir well and then add 1/4 c. of cold water. Mix well. Leave in refrigerator for at least 2 hours to set. Cool one can of fruit cocktail. When it is ready to serve, cut gelatin into diamond shapes. Pour the fruit cocktail in gelatin, mix and serve.

REMARKS: This is a very refreshing dessert. Creme de Menthe can be added at the time of serving.

Sesame Cookies

PEKING

Dough:

- 1 8-oz. pkg. cream cheese (room temperature)
 - 2 sticks of oleo (room temperature)
 - 2 c. flour
- Knead until smooth.

Filling:

- 1/2 c. sesame seed
 - 1/2 c. sugar
- Roast sesame seeds in saucepan without oil. Then roll and crush sesame seeds on foil paper. Mix with sugar.

Method:

Divide the dough into 6 parts and roll each dough out into a rectangle shape (4" x 6"). Brush the sheet with melted butter and sprinkle sesame mixture on it. Roll the sheet up like in making jelly roll. Set the roll in refrigerator for 1 hour to firm up. Then cut each roll into slices and bake at 375° for 10 or 15 min. until brown.

REMARKS: Candied sugar can be sprinkled to make colorful cookies at Christmas time.

Mu-shu Pork

PEKING

- | | |
|--|---------------------------------|
| 1 1/2 c. sliced lean pork | 1 clove garlic |
| 2 eggs | 2 slices ginger |
| 1 c. bean sprouts | 2 c. Chinese cabbage (shredded) |
| 3 stalks green onions (cut into 1 inch pieces) | |

Marinate meat in the following sauce for at least 5 minutes:

- | | |
|-----------------------------|-------------------|
| 1 tsp. ginger juice | 1 tsp. cornstarch |
| 2 1/4 tblsp. soy sauce | 1 tblsp. wine |
| Sprinkle of salt and pepper | |

Method:

1. Heat 2 tblsp. oil, add onion, garlic, ginger and the marinated meat. Stir-fry for 3 or 4 min. until the meat is brown. Put it aside.
2. Scramble eggs; add salt and pepper to taste. Put it aside.
3. Use the same skillet, stir-fry the Chinese cabbage and bean sprouts, season the mixture with salt and pepper to taste.
4. Put back the scrambled eggs and meat. Mix well for a few minutes.
5. To serve: Put 2 tblsp. of mixture on the soft side of pancake, roll pancake up and fold one end to prevent from dripping.

Small Pancake (Peking Dainties)

PEKING

- | | |
|----------------|-----------------|
| 2 1/2 c. flour | 1 c. warm water |
|----------------|-----------------|
- Knead the dough until smooth. Break into 20 even parts. Roll each part into a ball. Press the ball into a little cake. Brush each cake with oil. With two cake's oil sides facing each other, press together. Roll it out thin. Brown both sides of pancake in no-oil skillet. Pancake will be separated into 2 pancakes.

Chow-mein (Fried Soft Noodles)

ALL REGIONS

- 1 pkg. of American Beauty Spaghetti
Boil noodles until done. Rinse under cold water. Pour 2 tblsp. oil on noodles to prevent sticking together.

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Sauce:

- | |
|---|
| 1 pkg. shrimp, marinated with 1 tblsp. ginger juice, |
| 1 tblsp. wine, 1 tblsp. cornstarch and a little salt. |
| 1/2 c. cooked ham in slices |
| 1 c. peas |
| 1 c. bean sprouts or other vegetable |

Method:

1. In skillet heat 1 tblsp. oil, stir-fry the peas, bean sprouts and vegetables. Season with salt and pepper. Put aside.
2. Use the same skillet. Put 2 tblsp. oil and stir-fry the shrimp and ham. Put back the vegetables and mix well. Put aside.
3. With same skillet again put in 2 tblsp. oil and 2 c. of noodles (cooked), stir-fry for a few minutes, season with salt and pepper to taste. Add 1 c. of the meat mixture. Stir well and serve.

REMARKS:

1. This is a leftover dish. Any leftover meat and vegetable can be used.
2. "Chow" in Chinese means to stir-fry. "Mein" means noodles. Chow-mein means to stir-fry soft boiled noodles.
3. In China, spaghetti and any noodles are called "noodles".

Eight Treasure Rice

ALL REGIONS

1. Cook 2 c. of sweet rice in 3 c. of water, bring to boil, then turn to simmer for 20 min., stir the rice while it is cooking, so the rice will not stick to the bottom of the pan. Add 3 tblsp. sugar to cooked rice and stir well.
2. Grease a bowl generously with butter.
3. Arrange walnut, dates, prunes, pineapple, raisins and three other dried or canned fruits in the bowl.
4. Use half of the rice to cover the ingredients. Pour 1/2 can of pie filling on top of the rice. Then cover with remaining rice.
5. Steam for 1/2 hour or more. Turn over the bowl on a serving plate, remove bowl and serve with the following sauce: Boil 1 c. water with 3 tblsp. sugar, then add 1 tsp. almond extract and the mixture of 1 tblsp. cornstarch and 2 tblsp. water. Serve over the rice.

REMARKS: Sweet rice is also called "glutinous rice" Used for making dumplings, sweet dishes and poultry stuffing.

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ADULT EDUCATION
CLASS
ACTIVITIES

POT LUCK SUPPER
(Top & Middle Pictures)

HERMOSA WORKSHOP
(Bottom Picture)

CHAPTER II

CHINESE COOKING II

1.
 - a. Fried Dumpling or Pot-sticker (Kuo-tieh)
 - b. Roasted Pork with Hoisin Sauce
 - c. Sweet and Sour Radish
2.
 - a. Butterfly Shrimp
 - b. Pearled Meat Ball
 - c. Ma-La-Kao (Chinese Steamed Cake)
3.
 - a. Almond Pressed Duck
 - b. Onion Pancake
 - c. Chinese Salad
4.
 - a. Sizzling Rice with Shrimp
 - b. Sweet and Sour Cabbage
 - c. Shao-mai
5.
 - a. Peking Duck
 - b. Chinese Bread Sandwich
 - c. Glazed Fruit
6.
 - a. Sweet and Sour Spareribs
 - b. 3, 6, 9, Sweet and Sour Spareribs
 - c. Creamed Chinese Cabbage with Dry Shrimp and Black Mushrooms



STUDENTS ENJOYING CHINESE CUISINE



Fried Dumpling (Kuo-tieh)

PEKING

Filling:

1 lb. ground pork	1 c. chopped spinach
1/2 c. chopped Chinese cabbage	
1/4 c. chopped green onion	1 egg
4 tblsp. soy sauce	1 tblsp. sesame oil
1/4 c. water	Salt and pepper to taste

Mix well.

Dough:

2 c. flour	3/4 c. hot water
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Mix with spoon first, then knead on a floured surface until smooth. Divide dough into 25 small balls. Press each and roll out into 1/8" thick and 3" diameter round pieces.

To Shape Kuo-tieh:

Put 1 tblsp. filling in center of dough and fold together like a half moon. Make tucks on both sides so the dumpling can stand up firmly.

Cooking Method:

Put 2 tblsp. oil in skillet. Set 10 or 12 Kuo-tieh down in skillet. Turn burner to high. Cook for 3 minutes until the bottoms of Kuo-tieh are all brown. Pour 1/4 c. water on Kuo-tieh and cover skillet tightly. Reduce heat to medium to steam Kuo-tieh for 10 - 15 minutes. Remove skillet from heat. Drain excess oil first. Put a serving plate over the skillet and turn the skillet over. Kuo-tieh will come out up-side-down. Serve with the following sauce:

Sauce:

2 tblsp. soy sauce, 1 tblsp. or 1 tsp. vinegar, 1/2 tsp. sesame oil and 1/2 tsp. chili powder.

REMARKS:

1. May be frozen after cooking. Thaw before reheating. Reheat in the same method as for raw Kuo-tieh.
2. "Kuo" in Chinese means "wok or pot". "Tieh" means "to stick".

Roasted Pork with Hoisin Sauce

CANTON

- 2 lb pork butt (cut into 2" x 3" pieces)
 Marinate in the following sauce for 5 minutes.
 5 tblsp. Hoisin sauce
 2 tblsp. soy sauce
 3 tblsp. sugar
 1 tblsp. ginger juice & 1 tblsp. sherry wine
 2 or 3 stalks of onion
 Salt and pepper to taste (just a sprinkle)
 1/2 c. water

Method:

- Put marinated meat and sauce in baking pan and bake for 2 hours at 375°.
- Turn meat around every half hour. If gravy is cooked down, add 1/4 c. more water over meat.

Sweet & Sour Radish

ALL REGIONS

- 1 bunch of radishes
 1/4 tsp. sesame oil
 2 tsp. vinegar
 3 tsp. sugar

Method:

- Cut radishes in half, press each half with cleaver.
- Sprinkle the ingredients over pressed radishes and marinate for 15 minutes at least.
- Decorate with parsley and serve.

REMARKS: No soy sauce is used in order to keep the crispy red and white colors of the radishes.

Butterfly Shrimp

PEKING

- 1 lb. large shrimp with shells.

Method:

- Wash and shell shrimp except the tail. Dry shrimp with paper towel, slit the back of shrimp and gently press flat.
- Sprinkle the following sauce over shrimp:

Sauce:

- 1/4 tsp. salt
 1/2 tsp. sugar
 1 tsp. sesame oil
 1/2 tsp. Accent
 1/4 tsp. pepper
 2 tsp. wine
 1 tsp. ginger juice

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- Mix batter with the following ingredients:
 1/2 tsp. salt
 6 tblsp. flour
 2 eggs
 2 tblsp. sesame seeds
 1/2 tsp. Accent
 1 tsp. baking powder
 4 tblsp. water
 - Take each shrimp and dip both sides in cornstarch and then dip in the batter.
 - Deep-fry for 2 minutes or turn brown.
 - Serve with pepper and salt mixture.* Stir-fry 1 tblsp. pepper and 3 tblsp. salt without oil for just a few min.
- REMARKS: *Salt and pepper mixture is good on all deep-fried dishes.

Pearled Meat Ball

PEKING

- 3/4 c. of Sweet Rice (soak 2 hours, drain, put on plate)
 1/2 lb. ground pork or beef

Meat Ball mixture:

- 2 tblsp. soy sauce
 1/4 tsp. each salt and pepper
 1/2 tsp. Accent
 1 tsp. sesame oil
 2 or 3 chopped water chestnuts
 3 tblsp. chopped bamboo shoots
 2 tblsp. green onion
 1 tsp. ginger juice
 2 tblsp. cornstarch
 4 tblsp. water

Make meat balls of 1" diameter. Roll in the soaked sweet rice. Put meat balls on steaming plate and steam for 40 min. Garnish with parsley and chopped carrots.

Ma-La-Kao (Chinese Steamed Cake)

ALL REGIONS

- 2 c. flour
 1 c. sugar
 1 stick oleo (melted)
 1 c. water
 1/2 c. crushed nuts
 2 tsp. baking powder
 1/2 tsp. baking soda
 2 eggs, large
 1/2 c. chopped dates or raisins

Method:

- Cream sugar in oleo, add eggs and beat well.
- Add flour, baking soda, baking powder, and 1 c. water. Beat 3 or 4 minutes.
- Add dates and nuts and mix well.
- Pour batter in oiled baking pan and steam for 1/2 hour or 45 minutes.
- Remove to cool and cut into diamond shapes to serve either hot or cold.

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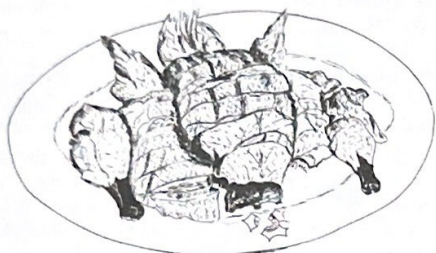
Sauce:

1 c. sugar
2 tblsp. flour
Mix ingredients, add to 2 c. boiling water gradually until sauce is thickened.

1 tblsp. vanilla

1/2 c. butter or oleo (1 stick)

REMARKS: The steamed cake is very moist. The cake may be frozen and reheated in steamer.



Almond Pressed Duck

PEKING

1 duck (4 - 5 lbs.)
2 tblsp. brown peppercorns or pepper
2 tblsp. salt
2 green onions (stalks, chopped)
3 slices of ginger
1 tblsp. wine - 2 c. shredded lettuce or Chinese cabbage

1/2 c. flour

8 c. Wesson oil

2 tsp. flavored peppercorn salt

3 tblsp. soy sauce

1/2 c. roasted almonds

Method:

1. Fry the peppercorn over low heat in dry frying pan for 2 min. When it is brown and smells good, add salt, fry 1 more min. Place in a bowl to cool. Mix with green onion, ginger and wine.
2. Clean and wipe the duck. Rub the outside and inside of duck with fried peppercorns and salt and onion mixture. Let stand for 6 hours or overnight.
3. Place the duck in a bowl in steamer to steam over medium heat for 2 hours until very tender.
4. Remove the duck from steamer, let cool a few minutes., brush 3 tblsp. soy sauce all over the duck, powder with 1/2 c. of flour, deep-fry in heated oil over high heat about 4 min. each side until brown and crispy.
5. Wrap whole fried duck in cheese cloth, press with cleaver several times. Take it out and cut into squares (try to keep the shape of the duck). Put the whole duck on the platter with shredded cabbage. Sprinkle the roasted almonds on top and serve. Put 1 tsp. of pepper and salt on each side of the platter.

REMARKS: Chicken can be cooked the same way. Reduce steaming time to 45 minutes.

Onion Pancake

PEKING, HONAN

1 1/2 c. flour
1/2 c. boiling water
1/8 c. cold water
1 1/2 c. Wesson oil to spread

3 tblsp. Wesson oil for frying

2 tblsp. chopped green onion

1 1/2 tsp. salt and 1 tsp. pepper

Method:

1. Place flour in bowl. Add the boiling water and cold water and mix until smooth. Cover and let rest for 5 min.
2. Remove dough to floured board, divide dough into 3 even pieces. Knead and roll each piece of dough into 10" round. Sprinkle 1/2 tsp. and 1/3 tsp. pepper over dough. Rub 1/2 tblsp. Wesson oil over dough. Sprinkle green onion. Roll up dough as a jelly roll making sure the ends are tightly closed. Then form into a round snail shape tucking the final end into the center of the bun. Press down and roll out until 1/4" thick.
3. Heat 2 tblsp. oil in flat frying pan. Place the pancake in and shallow fry about 2 min. Use low heat and do not cover. Flip over and splash 1 tblsp. oil down pan side. Continue frying until this side is golden and crispy. Shake and juggle the pan often while frying as this action makes a flakey pastry.
4. Cut into small pieces to serve.

REMARKS:

1. Lard, bacon bits and bacon oil can be used with green onion to sprinkle over the pancake before rolling up for richer flavor.
2. After the pancake is rolled up into a cylinder, cut into 10 or 12 pieces. Flatten with cut sides facing up and down. Shallow-fry little pancakes for appetizers.

Chinese Salad

ALL REGIONS

1 c. celery hearts (shredded)
1 c. cucumbers (shredded)
1/2 c. cooked chicken (shredded)
1 egg (Scramble egg and cook into a pancake, cut into thin slices)
1/4 c. cooked ham (shredded)
4 or 5 flowerettes of broccoli (parboiled)

1 c. bean sprouts

1/2 c. carrots (shredded)

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Sauce:

1 tblsp. mustard sauce	2 tblsp. soy sauce
1 tblsp (or 1 1/2 tblsp.) vinegar	Sprinkle of salt
1 tblsp. sesame oil	1/4 tsp. Accent
1/2 tblsp. sugar	1 tblsp. peanut butter (optional)

Method:

Arrange bean sprouts on plate, then celery hearts, cucumbers, carrots, egg, chicken and ham; then broccoli on top. Mix the seasoning sauce and pour over the vegetables. Before eating, mix well.

REMARKS: If peanut butter is used, stir soy sauce and vinegar in first to dissolve.

Sizzling Rice with Shrimp

PEKING

Shrimp Sauce:

8 oz. shrimp	2 or 3 water chestnuts (sliced)
1/2 c. cashews	1 c. peas
1/4 c. bamboo shoots (sliced)	
3 or 4 slices black mushrooms (soaked & sliced)	

Marinate shrimp in the following ingredients:

1/4 tsp. salt	1 tblsp. wine	1 tsp. ginger juice
1 tblsp. cornstarch		1/2 tsp. Accent

Method:

Heat skillet with 2 tblsp. oil. Stir-fry shrimp and remove to a plate. Then stir-fry bamboo shoots, water chestnuts, peas, cashews and black mushrooms for 2 or 3 min. Sprinkle salt and pepper to taste. Add 1/2 c. water or chicken broth. Put back shrimp and mix well. Deep-fry rice crust and arrange them on serving plate. Pour the shrimp sauce over rice crust and serve. There should be a sizzling sound.

How to Make Rice Crust:

1. When making boiled and steamed rice, save the crust at the bottom of the pan. Dry crust and store in jar, OR
2. Using 2 c. of cooked rice: Hand pat the cooked rice on a lightly greased cookie sheet (approx. 2 grains thick). Cook in oven for 30 min. at 375° until a crust forms. Turn over patties and brown on other side for another 20 min. If not to be used immediately, patties can be stored in a tightly covered jar.

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REMARKS: The timing of this dish is very important. Both the sauce and crusts should be very hot. Otherwise, there will be no sizzling sound. If the rice crusts are deep-fried first, they should be kept in oven to heat. If the sauce is made first, it should be heated while the crusts are being fried.

Sweet & Sour Cabbage

SZECHUAN

4 c. cabbage	1/2 tsp. Accent
2 tblsp. oil	2 tblsp. vinegar
hot pepper (optional)	1 tblsp. soy sauce
2 tblsp. sugar	Sprinkle of salt & pepper to taste

Method:

1. Heat skillet with 2 tblsp. oil. (If hot flavor is desired, put hot pepper in hot oil and stir-fry for a few min.) Stir-fry cabbage for 2 minutes.
2. Add salt, pepper, Accent, soy sauce, vinegar and sugar. Stir-fry more, about 4 or 5 min.
3. Remove to serving plate to cool. Garnish with radish, green onion or parsley before serving.

REMARKS: This dish should be made in advance. The cabbage should be completely cooled to have the crispness.

Shao-mai

PEKING

15 Won-ton wrappers	
1 c. ground pork	1/2 tsp. Accent
1/2 c. chopped shrimp	1/2 tsp. sesame oil
2 tblsp. bamboo shoots (chopped)	1 tsp. wine
2 or 3 water chestnuts (chopped)	1 tblsp. cornstarch
1 tblsp. soy sauce	1 egg
Salt and pepper to taste	2 tblsp. water
2 tblsp. green onion (chopped)	

Method:

1. Add ingredients to pork and shrimp to form the filling.
2. Put 1 tblsp. filling in Won-ton wrapper.
3. Gather the skin up around filling to form a flower.
4. Oil steamer layer with oil or spray with Pam.
5. Line Shao-mai on the layer and steam for 1/2 hour until skin becomes transparent. If the edges of Won-ton skin are still white, put a little water over the edges and steam a few minutes longer.
6. Yield: 15 Shao-mai

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REMARKS:

1. This is a snack dish. It is perfect for bridge lunches or Brunch.
2. It can be served plain or with the following sauce:
2 tblsp. soy sauce, 1 tblsp. vinegar, 1/2 tsp. sesame oil, 1/2 tsp. chili oil* (optional), 1 tsp. sugar and 1 tsp. peanut butter.
3. Chili oil: Heat 4 tblsp. vegetable oil in saucepan, put 2 hot red peppers in oil. Heat for few minutes until red pepper becomes brown. Discard pepper and save the oil in glass jar.

Peking Duck

PEKING

5 lb. duckling	1 tblsp. pepper
2 tblsp. salt	1 tblsp. wine
2 tblsp. honey	2 tblsp. Hoesin sauce
2 tblsp. soy sauce	3 stalks green onion

Method:

1. Clean duck and rub the mixture of 2 tblsp. salt and 1 tblsp. pepper all over duck. Leave duck in refrigerator for 3 hours.
2. Dip duck in boiling water for 2 minutes on each side.
3. Rub duck with the mixture of 2 tblsp. honey, 1 tblsp. wine and 2 tblsp. soy sauce.
4. Refrigerate overnight and then hang in an airy spot for 3 hours.
5. Bake at 325° for 1 1/2 hours. Then raise temperature to 400° for about 15 minutes. The skin should be brown and crispy.
6. Put Hoesin sauce in a saucer. Cut green onion into 1" long slivers and put them in a saucer.
7. To serve duck: Slice off skin, cut into pieces of 1 1/2" x 3". Slice meat into bite-size pieces. Arrange meat in center of platter surrounded with skin.
8. To serve bread sandwich with meat: Open bread sandwich; spread Hoesin sauce. Put a few pieces of onion with meat and skin.
9. Peking duck can be served in small pancake (Peking doilies)
10. The bone of duck can be made into soup with Chinese cabbage.

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REMARKS:

1. The purpose of Step 2. is to boil off some fat from the skin.
2. The purpose of Step 4 is to dry the skin.

Chinese Bread Sandwich

PEKING

2 8-oz. cans Pillsbury biscuits 2 tblsp. vegetable oil

Method:

1. Press each biscuit flat. Dip one side of biscuit in oil. With the oil sides facing each other, press two biscuits together.
2. Pinch one edge of bread hard to form the connecting side of sandwich.
3. Steam bread sandwich for 10 minutes.
4. Yield: 10 bread sandwiches

REMARKS: This is a short cut to make Chinese bread. The Chinese bread is usually made with yeast dough.

Glazed Fruit

PEKING

3 bananas or 2 apples (sliced) 1 tblsp. sesame seed (roasted)

Batter:

1 egg, 1 tblsp. cornstarch, 3 tblsp. flour, 2 tblsp. water, and 1 tsp. sugar

Syrup:

6 tblsp. sugar, 2 tblsp. oil,

Method:

1. Peel and cut banana into small pieces. Sprinkle banana pieces with flour until well coated.
2. Make batter, mix egg, cornstarch, flour, sugar and water to form batter.
3. Dip banana pieces in batter and deep-fry in hot oil about 1 minute. Put on paper towel to drain off oil.
4. In another frying pan, add 6 tblsp. sugar and 2 tblsp. oil; cook over medium high heat until syrup is golden brown.
5. Put the fried banana in the syrup and mix well. Sprinkle roasted sesame seeds* on banana. Serve well-coated glazed banana in lightly greased serving plate.

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6. Pick up each glazed fruit, silk thread will form. Dip each piece into a bowl of ice cold water before eating. The cold water will crystallize the candied fruit. It tastes crispy on the outside, soft and yummy inside.

*Roasted sesame seeds: Stir-fry sesame seeds in heated saucepan.

Sweet & Sour Spareribs

CANTON

- 1 1/2 lb. spareribs (Cut into long strips, or 2" pieces-- about 3 - 4 cups.

Method:

1. Marinate with the following sauce for 30 min.:

1/4 tsp. salt	2 1/2 tblsp. soy sauce
1/2 tsp. Accent	1 tblsp. wine
1/4 tsp. pepper	1 tsp. sugar
2. Deep-fry the marinated spareribs for 4 minutes. Take out and drain. Heat oil and fry once more until spareribs turn very brown (about 1 min.), remove spareribs and drain on paper towel.
3. In skillet, put 1 tblsp. oil, and add the seasoning sauce.

4 tblsp. sugar	2 tsp. cornstarch
2 tblsp. vinegar	1 tsp. sesame oil
3 tblsp. water	1 tblsp. catsup
2 tsp. soy sauce	

Bring to boil and stir well until thickened and heated thoroughly. Add spareribs or pour over spareribs.
4. Serve over lettuce leaves.

3,6,9 Sweet & Sour Spareribs

SHANGHAI

- 3 lb. spareribs (cut into 2" pieces or long stripes, 6 cups)
2 slices ginger 3 tblsp. vinegar
2 cloves garlic (crushed by cleaver) 6 tblsp. sugar
3 stalks of onions (1" long) 9 tblsp. soy sauce
2 tblsp. wine 1 1/2 or 2 c. water

Method:

1. With 2 tblsp. oil in 5-qt. Dutch oven, stir-fry garlic, ginger and onion for 1 min.
2. Add sparerib pieces and stir-fry for 2 or 3 minutes.

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3. Add 3 tblsp. vinegar, 6 tblsp. sugar and 9 tblsp soy sauce and 2 tblsp. wine. Stir-fry a few more minutes.
4. Add water, turn to simmer with cover on for 1 hour.

REMARKS: If you have 2 lbs. of spareribs, use 2 tblsp. vinegar, 5 tblsp. sugar and 8 tblsp. soy sauce. The name of the dish would be: "2, 5, 8 Sweet and Sour Spareribs".



Creamed Chinese Cabbage with Dry Shrimp & Black Mushrooms

PEKING

- 1 1/2 lb. Chinese cabbage (4 cups)
2 black mushrooms (soaked in water for 15 minutes)
6 or 7 dry shrimp (soaked in water for 15 minutes)

Method:

1. Wash and clean cabbage, cut in 2 1/2" crosswise slices. Then slice in 1/2" strips. (Leaf portions may be cut in wider pieces.)
2. Heat 1 tblsp. oil. Stir-fry the drained mushrooms and shrimp for 2 min. Remove for later use.
3. Heat 3 tblsp. oil in skillet. Add all the cabbage and stir-fry until cabbage is soft. Put back the mushroom and shrimp. Add soup stock 1/2 c., salt 1/2 tsp., or to taste 1/2 tsp. Accent, water for soaking mushrooms and shrimp 1/2 c. Cook for 2 or 3 min.
4. Add mixture of soup stock 1/2 c., salt 1/2 tsp., milk 3 tblsp., cornstarch 1 tblsp. Bring to boil then remove to serving plate.

REMARKS: Cabbage can be made in the same method without mushrooms and dry shrimp.

TEA

Tea is the staple beverage of China. There are three basic kinds of Chinese tea:

1. Green: Unfermented tea
Dragon Well
Gunpowder
2. Oolong: Semifermented Tea
Jasmine (Scented)
Chrysanthemum (Scented)
Oolong
3. Black: Fermented Tea
Black Dragon
Iron Goddess of Mercy
Rose Tea with Dried Rosebud (Scented)

HOW TO MAKE TEA: There are Three Methods:

1. Put 1 tsp. of tea leaves in individual cup. Pour boiling water over leaves, steep for 1 or 2 minutes before drinking. Tea leaves will sink to the bottom of the cup. For second or third cup, just pour more boiling water into cup. Add more leaves as necessary.
2. Put tea leaves in tea pot. Add 1 tsp. of tea leaves for each cup of water. Pour boiling water in tea pot. Steep for 3 or 4 minutes and serve. Tea pot should be made of China, glass or earthenware.
3. For big parties: Use unused coffee percolator. Put tea leaves on top where you put coffee. Let percolate until light turns red. Add hot boiling water for refills.

CHAPTER III

CHINESE COOKING III

1.
 - a. Soy Meat with Master Sauce
 - b. Stir-fried Liver and Onions
 - c. Sweet and Sour Cucumbers
2.
 - a. Yu-Lan Chi, Chicken and Ham in Green Paradise
 - b. Sweet and Sour Prawns
 - c. Chinese Bread Dough
 - d. Steamed Flower Roll
3.
 - a. Chinese Beef Jerky
 - b. Roasted Pork Sandwich
 - c. Baked Sesame Buns
4.
 - a. Eight-Jewel Duck: Six Steps to Bone a Whole Duck
 - b. Rolled Egg Pancake with Meat Filling
5.
 - a. Sweet and Sour Whole Fish
 - b. Beef with Curry Sauce
 - c. String Beans, Chinese Style
6.
 - a. Fire Pot
 - b. Sesame Leaves



FIRE POT DINNERS

Soy Meat with Master Sauce

SHANGHAI

1 chicken (4 - 5 lbs.)
2 c. water & 2 c. soy sauce
1/4 c. sherry

5 slices fresh ginger root
1 whole star anise
2 tblsp. sugar
1 tsp. sesame oil

Method:

1. Clean and wash chicken, dry chicken with paper towel.
2. In pot bring water, soy sauce, wine, ginger, star anise and sugar to boil, then add chicken. (The liquid should reach halfway up the side of the chicken.)
3. Bring to boil again, reduce the heat to moderate and cook covered for 20 min. Turn chicken over and simmer for 20 min. Turn off the heat, cover the pot and let chicken cook for 1 hour.
4. Transfer chicken to cutting board and brush with sesame oil. Then cut into small pieces. Garnish with parsley or chopped onion and serve.

REMARKS:

1. The sauce in which the chicken cooks is known in China as a "master sauce" and it is stored in a covered jar for use in red-cooked dishes. It will keep for 2 weeks in the refrigerator, indefinitely in the freezer.
2. Pork, beef, liver, deer meat and whole or half bamboo shoots can be cut in chunks and cooked in the master sauce.
3. A cold cut platter with different kinds of sliced meat cooked in the sauce can be arranged in peach blossom shape or plum blossom shape.

Stir-fried Liver & Onion

ALL REGIONS

1 lb. (2 c.) beef liver (parboiled and sliced)
1 stalk leeks (or 2 - 3 stalks of scallions)
2 cloves crushed garlic
3 slices ginger
1/2 white or yellow onion (shredded)
1/2 whole green pepper (shredded)

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Marinate liver in the following sauce:

- | | |
|-----------------------|---------------------|
| 2 tblsp. soy sauce | 1/2 tsp. sesame oil |
| 2 tsp. cornstarch | 1 tsp. sugar |
| 1 tblsp. ginger juice | 1/4 tsp. Accent |
| 2 tsp. wine | Sprinkle of pepper |

Method:

1. Stir-fry leeks, ginger, garlic in 2 tblsp. oil, then stir-fry the marinated liver until done (about 2 min.). Put liver on plate.
2. Stir-fry yellow onion and green pepper with 1 tblsp. oil, add 2 tblsp. water to cook for a minute or so, season with salt and pepper.
3. Put back liver and mix well and serve.

REMARKS: A little chili pepper added to the dish will enhance the flavor.

Sweet & Sour Cucumber

PEKING

1 cucumber, sliced into half in length. Cut the cucumber with crisscrossing diagonal cuts on the skin sides.

Method:

1. Stir-fry cucumber with the following ingredients for 2 or 3 min.

1 tblsp. oil	2 tblsp. vinegar
1 tblsp. soy sauce	1/2 tsp. Accent
2 tblsp. sugar	Sprinkle of salt and pepper
2. Serve either cold or hot. Garnish with carrots and green onion.

Yu-Lan Chi

Chicken & Ham in Green Paradise

PEKING

- 1 chicken (4 lbs.)
24 pieces (2" x 1" in size and 1/4" thick) cooked ham
2 lb. broccoli (parboiled)

Method:

1. Boil chicken in water for 20 min. with scallion, ginger and salt. Turn off heat, but keep cover on for 1 hour. The residual heat in the pot will cook the chicken through.
2. Bone chicken and cut breast meat into 2" x 1" size and 1/4" wide pieces.
3. Put small pieces of chicken at the bottom of platter, then arrange chicken and ham pieces in alternating overlapped layers on the top. Garnish the dish with broccoli flowerettes around the meat.

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4. Make sauce: Bring 1 c. of chicken stock to boil. Season with salt and pepper and Accent to taste. Thicken with cornstarch mixture (1 tblsp. cornstarch & 1 tblsp. water).

5. Pour sauce over meat and serve hot.

REMARKS: This banquet dish may be frozen and reheated in oven with foil cover to prevent meat from drying out.

Sweet & Sour Prawns

SHANGHAI

- | | |
|-----------------------------------|-----------------------------|
| 12 prawns with shells | Sprinkle of salt and pepper |
| 1/2 white onion (cubed) | 2 tblsp. soy sauce |
| 2 or 3 slices of ginger root | 2 tblsp. catsup |
| 3 or 4 cloves of garlic (crushed) | 2 tblsp. sugar |
| 2 tblsp. wine | 1/4 c. water |
| 1 tblsp. ginger juice | |

Method:

1. Clean, devein and cut the prawns into 1" squares. Marinate with 2 tblsp. wine, ginger juice and sprinkle of salt and pepper.
2. Stir-fry white onion, ginger, garlic with 2 tblsp. oil for 30 seconds.
3. Put the prawn pieces in skillet to stir-fry until color changes.
4. Put in the mixture of 2 tblsp. soy sauce, 2 tblsp. catsup and 2 tblsp. sugar and 1/4 c. water and stir-fry a few more min. If more gravy is desired, put a little more water in and stir-fry a little longer.

REMARKS: Chinese people like prawns with shells. But this dish can also be cooked without shells.

Chinese Bread Dough

PEKING

- | | |
|----------------|-----------------------------|
| 1 pkg. yeast | 1 1/4 c. warm water or milk |
| 1 tblsp. sugar | 4 c. flour |
| 1/2 tsp. salt | |

Method:

1. Dissolve yeast in warm water or milk, add sugar and salt.
2. Add flour, stir with spoon and then with hand until dough is smooth and firm.
3. Knead dough on floured surface for 5 minutes.
4. Place dough in large bowl, cover with wet towel for 1 hour until dough doubles in bulk.
5. Knead once more. The dough is ready to use.

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Steamed Flower Roll

PEKING

- 1 recipe Chinese bread dough Salt and pepper to taste
2 tblsp. vegetable oil or sesame oil

Method:

1. Divide the dough into halves. Roll dough out into a sq. sheet of 10" x 10" and 1/4" thick. Spread oil over the sheet. Sprinkle salt and pepper.
2. Roll up the dough sheet like jelly roll. Cut rolled-up dough into 3/4" thick pieces.
3. Line a chopstick with the cut side of each piece and press firmly in the middle.
4. Put each piece on a square foil. Put each piece in steamer tray with 1" space apart. Steam for 15 minutes.

REMARKS:

1. Sugar can be used to sprinkle instead of salt and pepper.
2. Flower rolls can be made in advance and be frozen. Reheat by steaming for 5 minutes.
3. One may spread butter on top of each roll and bake at 350° for 15 to 20 minutes.

Chinese Beef Jerky

SHANGHAI

- 2 or 3 lb. pot roast beef (cut into 2" cubes) (3 cups)

Method:

1. Boil beef pieces in 3 c. of water for 1/2 hour. Season with 1 tsp. salt, sprinkle of pepper, 2 stalks of onion, 2 slices of ginger and 1 star anise.
2. Take meat pieces out and cool. Then cut into thin pieces (3 c.).
3. Put back meat in pot and simmer with no cover on. Add 4 tblsp. soy sauce, 3 tblsp. sugar, sprinkle of Accent and orange juice (1/4 c.). Simmer until gravy is all gone. (If you like curry flavor or hot flavor, put 1/2 tsp. or more curry powder or hot pepper powder just before gravy is all gone and mix well.)
4. Spread meat on greased foil and bake for 20 min. at 350°. turn off oven and leave meat in oven for another 10 min.
5. Store in container for snacks.

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REMARKS:

1. There are various kinds of beef jerky. The following are the most common ones: Fruit flavored beef jerky, curry beef jerky, five-spice beef jerky and hot beef jerky.
2. The Chinese beef jerky are soft and chewy. It is a popular snack.
3. Deer meat can be cooked in the same way. But first of all, the meat is cut into cubes and boiled with onion and garlic for 10 minutes. Discard water and start following Step 1 in the recipe.

Roasted Pork Sandwich

SHANGHAI

- | | |
|--|-----------------------|
| 2 or 3 lb. pork butt or loin (3 c.) | 1/4 tsp. black pepper |
| Several pieces of pork fat | 2 tblsp. sugar |
| 2 stalks of scallion (diced) | 3 tblsp. soy sauce |
| 3 slices of ginger | 1 tblsp. wine |
| 2 or 3 pieces of star anise (optional) | 1 tblsp. ginger juice |
| Sprinkle of salt | 1/2 tblsp. sesame oil |

Method:

1. Cut meat into 20 - 2" square meat sandwiches* Cut fat into 20 thin 1" square pieces.
2. Marinate meat and fat pieces with scallion, ginger, salt, pepper, sugar, soy sauce, wine, ginger juice and sesame oil. Soak for at least 1 hour.
3. Put 1 slice of fat into each sandwich. Put the pieces either on a skewer or lay them in baking pan and bake for 1 1/2 hours at 375°.
4. Arrange on a platter in overlapping layers.
5. Serve with steamed flower rolls or baked sesame buns.

*Meat Sandwich: Slice the meat thin, but on the second cut do not cut the meat through, so the 2 slices of meat are connecting on one side to make a hamburger bun sandwich.

Baked Sesame Buns

PEKING

- | | |
|------------------------|----------------------|
| 5 c. flour | Flour & oil mixture: |
| 1 1/2 c. boiling water | 1 c. flour |
| 2/3 c. cold water | 2/3 c. oil |
| 1 1/2 tsp. salt | |
| 3 tblsp. sesame seeds | |

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cont'd from Page 37

Method:

1. To make flour oil mixture: Heat 2/3 c. of oil in frying pan and add 1 c. flour. Stir-fry over low heat for about 5 - 10 minutes until the mixture turns golden brown and smells good.
2. Place 5 c. flour in a bowl. Add the boiling water. Mix thoroughly then add cold water. Knead the flour mixture. Let it stand for at least 20 min. (Cover with a wet towel.)
3. Remove the dough to a board and knead again. Roll half of the dough out into a 1/6" thick square. Pour half of the flour-oil mixture on top. Spread evenly over the dough. Sprinkle the top with 3/4 tsp. salt. Roll the dough up like a jelly roll. Divide the roll-shaped dough into 10 small pieces.
4. Put 1 piece on the board (cut side on right and left). Roll from the center to the front and then fold over. Repeat the rolling procedure 4 times. Press sesame seeds over one side with honey water and let stand about 5 min.
5. Bake in a hot 400° oven for 8 min. until the top is golden brown. Turn the roll over and bake for another 8 min.

*Honey water: 1 tblsp. honey and 2 tblsp. water mixture.
By using honey water, the sesame seeds will not come off too easy.

REMARKS: "Shaubing", the Chinese name for this bread, is a popular bread for breakfast, lunch and snacks. It usually goes with Chinese doughnut (cruller) for breakfast and with meat for lunch and midnight snacks.

Eight-Jewel Duck

PEKING

1 duck (4 or 5 lbs.)

Eight Jewels:

- 1 c. sweet rice
- 1/2 c. ground pork
- 1/2 c. diced ham
- 1/4 c. chopped walnuts
- 1/4 c. bamboo shoots (chopped fine)
- 1/2 c. (10-12) water chestnuts (chopped fine)
- 1/4 c. dried shrimp (soaked and chopped)
- 2 dried mushrooms (1"- 1 1/2" in diameter, soaked and chopped)

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Method:

cont'd from Page 38

1. Filling with the eight jewels:
 - a. Pre-soak sweet rice for 2 hours. Cook rice with 1 1/2 c. water for 5-10 min. at medium heat. Stir constantly.
 - b. Add pork and all the other jewels. Season with 2 tsp. soy sauce and 1/2 tsp. salt and sprinkle of pepper. Also add the stock of black mushrooms and shrimp (about 1/2 c.).
 - c. Cool the filling for stuffing.
2. Before boning the duck, rub duck with 2 tblsp. of pepper salt and refrigerate for at least 6 hours.
3. Bone the duck according to the separate instructions on Page 40.
4.
 - a. After boning the duck, rub 1 or 2 tsp. salt inside the duck. With needle and thread close up the neck opening. Pack the stuffing loosely into the cavity of the duck. Close up the tail opening.
 - b. Shape the body of duck into its original shape and place it breast side up on a rack set in a roasting pan. Add 1" of water to the pan. Put in a preheated 400° oven for 10 min. Then reduce to 350° and roast for 1 1/2 hrs.
 - c. When the duck is done, remove threads. Place duck on a heated platter. Decorate the platter with fresh parsley sprigs and serve. At the table, carve the duck into 8 portions by first cutting it in half length-wise
 - d. Make 3 evenly spaced crosswise cuts.

REMARKS: This is a very impressive dish. Chicken and pheasant can also be cooked in the same way.

SEE PAGE 40 FOR SIX STEPS TO BONE AN EIGHT-JEWEL DUCK

Rolled Egg Pancake with Meat Filling

PEKING

Meat Filling:

- 1 c. ground pork or beef
- 2 tsp. soy sauce
- 1 tsp. cornstarch
- 1/4 tsp. Accent
- 1/4 tsp. salt and sprinkle of pepper
- 1 egg

Combine and mix well.

Egg pancakes:

- 4 eggs, beaten and seasoned with salt and pepper
- 2 tsp. vegetable oil

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SIX STEPS TO BONE AN EIGHT-JEWEL DUCK

Thaw duck. With paper towels wipe the duck completely dry inside and out. Use sharp kitchen scissors or knife to bone duck.



1. Cut neck skin off to within one inch of the body. Fold neck skin back. Free meat around the neck cavity from the carcass.



2. Wiggle each wing and cut through the joint to detach the wing. Leave the wing itself intact.



3. Continue to free the meat from the carcass as you turn and roll the duck.



4. Free the meat around each thigh and cut the joint to detach the drumstick from the thigh. Leave the thigh bones on the carcass.



5. Free the meat halfway down the length of the drumstick bone; cut off the exposed half of the bone. Leave the bottom intact.



6. Cut the meat as close to the bones as you can. Try not to pierce the duck's skin.

Finally, cut through the joint where the tail bone is attached to the backbone of the duck, leaving the tail with the skin and meat. Then turn the skin of the now boned duck right side out again. Keep the wing bones and the tips of the drumsticks intact to make the finished Eight-jewel duck--after it has been stuffed and roasted--look like a whole bird.

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Method:

1. Heat skillet with 1 tsp. oil, pour 1/2 of egg mixture into skillet. Swirl egg mixture around the skillet to make a very thin pancake.
2. Take pancake out on a plate and spread meat filling on the pancake. Roll it up tightly like jelly roll fashion. The recipe will make 2 rolls.
3. Steam rolled-up pancakes for 20 min.
4. Cut roll diagonally into 1/8" slices and serve hot. Or refrigerate the whole roll and serve cold.

REMARKS:

1. The rolled-up pancake can be sliced and served over any cooked vegetables.
2. It can also be served as sandwich meat.
3. This is an ideal brunch dish.

Sweet & Sour Whole Fish

SHANGHAI

1. Trout 1 lb. (scale, washed, dried with paper towels).
2. Cut off the head of fish. Lay fish on its side and split it in half. Cut along the backbone, but do not remove the tail. Score the flesh side of each fillet with criss-crossing diagonal cuts half an inch apart and almost down to the skin. The trout should be 2 separate fillets joined at the tail.
3. Sprinkle flour over wax paper. Season flour with salt and pepper. Press the scored sides of the fish into the flour. Then coat the skin sides. Hold the fish by the tail, shake it to remove any excess flour and deep-fry for 5 to 8 min. until fish is golden brown. Coat head with flour and deep-fry.
4. Drain fish, put fish skin sides down on a platter and set the head in its original position. Keep fish warm in oven.
5. Make sweet and sour sauce with vegetables:
 - a. With 2 tblsp. oil stir-fry the following ingredients for 3 min.
 - 2 med. size black mushrooms, soak and cut into 1/2" square.
 - 1/2 c. peas
 - 1 carrot (peeled & diced)
 - 1/2 c. green or white onion (diced)
 - 3 or 4 water chestnuts (sliced)
 - 2 or 3 cloves garlic (crushed)

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- b. Add the sweet and sour sauce:
 1/4 tsp. salt, sprinkle of pepper and Accent
 1/4 c. vinegar
 4 tblsp. sugar
 1 tblsp. wine
 1 tsp. soy sauce
 2 tblsp. catsup
 1/2 c. water or stock
- c. Bring to boil, stir in cornstarch mixture (1 tblsp. cornstarch & 2 tblsp. water)
- d. Mix well and serve over fish

REMARKS: The sweet and sour sauce can be used over any deep-fried meat. Fish fillet can be used as a substitute of the whole fish.

Beef with Curry Sauce

ALL REGIONS

Cut 1/2 lb. beef (flank or round) into 1" long thin slices.

Method:

1. Marinate meat with:
 1 tblsp. soy sauce
 1/2 tblsp. cornstarch
 1 tsp. sugar
 Sprinkle of salt, pepper & Accent
 1 tblsp. water
 1 tblsp. oil (can be sesame oil)
2. With 2 tblsp. oil, stir-fry the following:
 1 c. diced onion
 3 sm. potatoes, diagonally cut
 3 carrots, roll cut or diagonally cut
 Add: 1 tsp. curry powder, 1 tsp. salt and sprinkle of pepper, 1/4 tsp. Accent
 Add: 2 c. cold water, cover the pan and reduce heat to low and cook about 10 min. until potato and carrots are tender.
3. Put all beef slices on top of the other ingredients. Cook over high heat for 10 seconds and serve.

REMARKS: This is a quick stew type dish. The beef is not stir-fried but boiled in hot sauce. This is a good dish to serve over rice.

String Beans, Chinese Style

SHANGHAI

4 c. string beans, cut ends off and cut into 1" long

Method:

Stir-fry string beans with 2 tblsp. oil. Add 2 tblsp. soy sauce, 1/4 tsp. Accent, pepper and salt to taste, 1 1/2 tblsp. sugar and 1/2 c. water or chicken broth. Cook until flavor gets into the string beans while the color is still pretty green.



Fire Pot

PEKING, HONAN

Meat and vegetables:

- 1 whole chicken breast (half-frozen, then slice thin)
- 1 lb. lean pork (half-frozen)
- 1 lb. top sirloin steak of beef (half-frozen)
- 4 oz. shrimp (whole and cleaned)
- 1 lb. cabbage (cut into 3 inches long and 1 inch wide pcs.)
- 1/2 lb. spinach leaves (whole, washed and drained)
- 4 oz. bean threads (soak in warm water for 30 min.)

Sauce to dip meat and vegetables in:

- 1/4 c. soy sauce
- 1 tsp. sesame oil
- 1 tsp. sugar
- Sprinkle of salt and pepper
- 2 tblsp. vinegar

Mix well and dish out to each guest in a small bowl.

Method:

1. If you are using an electric fire pot, pour boiling chicken broth into fire pot. Turn the heat to medium or simmer, keep broth bubbling at all times.
2. Slice all uncooked meat very thin.
3. Arrange plate of uncooked meat and vegetables around the fire pot.
4. Give each guest the small bowl of sauce.
5. Each guest picks up a piece of meat from plates and dips it into the chicken broth to cook to the tenderness one prefers. Then take it out to dip into the sauce to eat.
6. When all the meat is consumed, the bean threads, and vegetables can be added. Then the soup can be dished out as the last course.

REMARKS: If a Chinese fire pot is not available, an electric fondue pot or electric wok can be used. This is a cozy way to entertain friends on a long, cold winter night!

Sesame Leaves

PEKING

2 c. flour
2 tblsp. sesame seed

4 tblsp. sugar
2/3 c. cold water

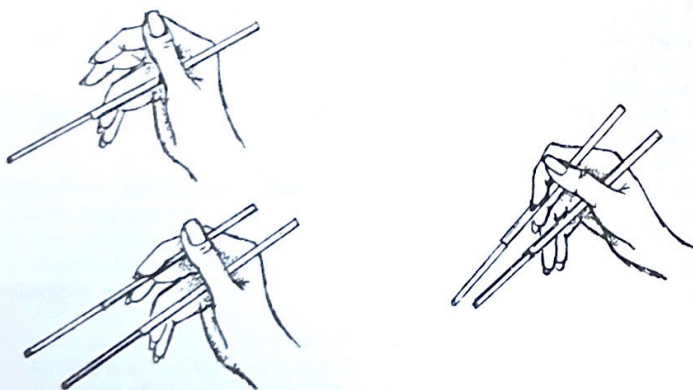
Method:

1. Knead the dough and cover with wet towel for 5 minutes.
2. Divide the dough into 2 pieces. Roll each one out very thin; cut into diamond shape, making 1 or 3 slits on each diamond piece. Deep-fry each piece until brown.
3. Can be served plain or sprinkle with powdered sugar.

REMARKS: Can be made in advance and stored in covered plastic container. The Northern Chinese people make this snack on children's birthdays.

HOW TO USE CHOPSTICKS

Place one stick between your thumb and forefinger about 2/3 up its length. Lightly rest the tapered end against the tip of your ring finger. With this "stationary" stick in position, grasp the "moving" stick with the tips of your thumb and forefinger and rest it on your middle finger. Move stick by bending forefinger and middle finger. The thumb remains still. Make certain that sticks are parallel to one another, are even at the ends and are kept about one inch apart under the thumb. Don't apply too much pressure. Relax and have fun.



CHAPTER IV

CHINESE COOKING IV

1.
 - a. Roasted Pork--Home Style
 - b. Diced Pork with Hoisin Sauce and Vegetables
 - c. Zucchini and Pork Sandwich
 - d. Candied Walnuts
2.
 - a. Lobster with Pork Sauce
 - b. Chinese Cabbage Pickled with Oil and Pepper
 - c. Pork with Salted Black Beans
3.
 - a. Chicken Velvet
 - b. Chicken Velvet Soup
 - c. Chicken Velvet with Shrimp & Green Peas
 - d. Crab Shell Bun
4.
 - a. Crab Ball
 - b. Double Cooked Pork Slices
 - c. Rice Crust Soup
 - d. Almond Cookies
5.
 - a. Oyster Beef with Bamboo Shoots
 - b. Beef Steak, Chinese Style
 - c. Yeast Dough
 - d. Steamed Snail Buns
 - e. Silver Thread Loaves
6.
 - a. Chinese Sausage (to make filling and stuff the sausage)
 - b. Stick Chicken Salad or Bon-bon Chicken
 - c. Oven Steamed Fish



HAPPY & SATISFIED STUDENTS
PARTIES AFTER CLASSES

Roasted Pork, Home Style

SHANGHAI

Pork roast - 4 c. - cut into 1" x 1" x 3" strips
Marinate pork strips with the following ingredients for at least 2 hours:

- | | |
|------------------------------|--------------------------------|
| 1 stalk green onion, chopped | 1 tsp. salt |
| 2 tblsp. ginger juice | *1 tsp. five spices powder |
| 2 tblsp. wine | 1 tsp. Accent |
| 4 tblsp. sugar | 3 or 4 drops red food coloring |
| 3 tblsp. soy sauce | 1/2 tsp. garlic powder |

Method:

1. Deep-fry the marinated pork strips with high heat until dark brown--about 20 minutes.
2. Drain and slice the pork strips.
3. Put pork slices in pan. Pour the marinade over pork slices and simmer until marinade is cooked down.
4. Serve in plate and garnish with parsley.

* The five spice powder is the combination of star anise, cinnamon, fennel, Szechuan peppercorns and cloves.

Diced Pork with Hoisin Sauce & Vegetables

CANTON

Lean Pork - 1 c. - Diced

Marinate pork with the following ingredients:

- | | |
|--|--|
| 1 tblsp. soy sauce | 1/4 tsp. baking soda |
| 1 tblsp. cornstarch | 2 tblsp. (heaping spoons) Hoisin Sauce |
| 2 tblsp. water | 2 tsp. sugar |
| 1 stalk green onion, diced | |
| 1 c. zucchini, diced or other vegetables | |
| 1/2 c. bamboo shoots, diced | |
| 2 or 3 water chestnuts, diced | |
| 1/2 c. cooked peanuts | |

Method:

1. Stir-fry meat with 3 tblsp. oil until meat is done, about 2 minutes.
2. Use same skillet to stir-fry the vegetables with 1 tblsp. oil. Sprinkle salt, pepper and Accent for flavoring, then add peanuts.
3. Return meat to skillet and mix with vegetables well.
4. If hot flavor is desired, add 1/2 chopped green or red hot pepper. Serve over rice.

Zucchini & Pork Sandwich

1 c. ground pork 1/2 c. bamboo shoots, chopped
1 tblsp. soy sauce 3/4 tsp. salt
1 stalk green onion, chopped 1/4 tsp. pepper
1 egg Zucchini, 1 sm. size (1 1/2" diameter)

Method:

1. Cut zucchini in slices of 1/4" thickness, making a slit in the middle.
2. Stuff meat filling into the slit.
3. Make batter: 1/2 c. of flour, 1/3 c. of water, 1 egg, 1 tsp. baking powder and 1/2 tsp. salt.
4. Dip sandwich in batter and deep-fry. Serve with pepper salt.
5. If zucchini is not in season, eggplant can be used. Quarter eggplant in length, and cut each quarter into sandwiches.



Candied Walnuts

SHANGHAI

10 oz. walnut halves 3/4 c. sugar
2 c. oil 1/2 tsp. salt
1 c. water 1 tsp. cinnamon powder

Method: 1

1. Boil walnuts in 4 c. water for 4 minutes. Drain and discard water.
2. Boil 1 more c. of water. Add sugar, salt and cinnamon powder and cook for 2 minutes. Turn off heat and leave walnuts in to soak for 5 hours or overnight.
3. Heat 2 c. of oil, drain walnuts and deep-fry with medium low heat for 2 or 3 minutes until golden brown. Cool over paper towel.
4. The walnuts are crispy and crunchy when they are completely cold.
5. Serve with ice cream for dessert with salad for decoration and richer flavor. They are also very good to munch at bridge parties.

Lobster with Pork Sauce

CANTON

2 lobster tail meat 1 tblsp. sherry
1 tsp. salt 1 1/2 tblsp. soy sauce
2 tblsp. ginger juice 1 tsp. sugar
1 tblsp. wine 1 tblsp. cornstarch
2 tblsp. cornstarch 1 tblsp. water
1/2 tsp. Accent 2 eggs, beaten
2 cloves garlic, smashed 2 tblsp. soup stock
2 slices ginger 2 c. soup stock
2 stalks scallions, chopped Few drops sesame oil
1 c. ground pork 2 tblsp. chopped green onion
Salt and pepper to taste

Method:

1. Cut lobster tail meat in 1" chunks. Marinate in salt, ginger juice, wine, cornstarch and Accent.
2. Heat 2 tblsp. oil, add scallions, garlic and ginger. Discard all when they are brown.
3. Add lobster and stir-fry for 1 minute. Take lobster out and add pork. Stir-fry the pork and drain oil. Season with salt and pepper then add 2 c. of soup stock.
4. Bring stock to boil, add sherry, soy sauce, sugar and cornstarch paste (cornstarch and water). Add lobster and cook for another minute until lobster is heated.
5. Turn off the heat, then add the mixture of 2 eggs beaten with 2 tblsp. soup stock. Let it stand for 30 seconds before stirring.
6. Pour the entire contents into serving bowl. Sprinkle a few drops of sesame oil and chopped green onion.

Chinese Cabbage Pickled with Oil & Pepper

PEKING

Chinese cabbage - 2 c. - Parboiled and cut into 1/4" wide by 1" long pieces

2 tblsp. oil 1/4 tsp. Accent
1 tblsp. peppercorn (or a pinch of pepper)-1 tblsp. soy sauce
5 or 6 thin strips ginger 1 tblsp. vinegar
1 tsp. salt 1 tblsp. sugar
Hot pepper (optional). If hot pepper is desired, put a few pieces in with peppercorn.

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Method:

1. Arrange cabbage on platter.
2. Heat 2 tblsp. oil in skillet. Put in peppercorn (and red hot pepper) until brown. Discard peppercorn.
3. Add ginger, salt, Accent, soy sauce, vinegar and sugar. Cook for another minute.
4. Pour the hot sauce over cabbage immediately. Cover and let it cool for 15 minutes. The cabbage will be crispy and tasty.
5. Serve cold with parsley or red pepper to garnish.
6. This appetizing dish goes well with all meat dishes.

Pork with Salted Black Beans

SHANGHAI

4 c. pork pieces (1" square)	
Green onion, chopped (2 stalks)	4 tblsp. soy sauce
2 tblsp. oil	1 tblsp. sugar
1/3 c. salted black beans	1 c. water

Method:

1. Heat 5 qt. pan with 2 tblsp. oil. Stir-fry onion and black beans. Put meat into pan to stir-fry for 1 minute.
2. Add soy sauce, sugar and water to meat.
3. Turn heat to medium and simmer for 1 hour with cover on.
4. If bamboo shoots or other vegetables are desired, put them in 15 minutes before you take the pot off the burner.
5. Serve meat with rice.

Chicken Velvet

PEKING

1/2 chicken breast	
1/2 tsp. salt	1 tsp. cornstarch
	2 egg whites (well beaten)

Method:

1. Cut breast meat off of bone.
2. Take white tendon off from fillet by scraping the meat away.
3. Hold the front of the main breast section, scrape meat from membrane with light strokes.
4. Shred the meat, then mince meat. Add a little at a time, about 4 tblsp. water as you mince.
5. Keep on mincing until meat becomes a paste.
6. Transfer mixture to a bowl. Add cornstarch, salt and egg whites. Mix well.

Chicken Velvet Soup

PEKING

1 batch chicken velvet	1 c. corn kernels
4 c. soup stock	1 tblsp. ham (chopped fine)
Cornstarch paste (2 tblsp. cornstarch and 2 tblsp. water)	

Method:

1. Heat 4 c. of soup stock, season with salt, pepper and 1/2 tsp. Accent.
2. Add corn. Bring to boil.
3. Add chicken velvet and stir well.
4. Bring to boil and add cornstarch mixture.
5. Continue to cook until the soup is thickened.
6. Pour into serving bowl and sprinkle with chopped ham.

REMARKS:

1. If smaller velvet pieces are desired, add 1 extra tblsp. water to chicken velvet and stir faster as you pour the velvet into the soup. Otherwise, stir slowly to have larger velvet pieces.
2. Green peas and parboiled broccoli flowerettes can be added to float in soup for colorful appearance.

Chicken Velvet with Shrimp & Green Peas

PEKING

8 oz. large shrimp (shelled)
Marinate shrimp in the following ingredients:

1/4 tsp. salt	1 tsp. ginger juice
1 tblsp. cornstarch	1 tblsp. wine
	1/2 tsp. Accent

1/2 c. chicken velvet
1 c. soup stock
1 c. green peas
2 tblsp. chopped ham
2 tblsp. chopped green onion

Method:

1. Heat 2 tblsp. oil, stir-fry shrimp and peas for 2 minutes.
2. Add 1 c. of soup stock. Bring to a boil.
3. Add chicken velvet and stir fast for 1 minute.
4. Transfer shrimp and chicken velvet to a serving dish and sprinkle with chopped ham and green onion.

Crab Shell Bun

PEKING

Water dough:

- 2 c. flour
- 1 c. warm water
- 1 tsp. baking powder

Oil dough:

- 2 c. flour
- 3/4 c. vegetable oil

Filling:

- 1 c. chopped green onion
- 3 tblsp. bacon oil

- 3 tblsp. chopped ham
- Sprinkle of salt and pepper

1/2 c. sesame seed

Sugar water (2 tblsp. sugar and 4 tblsp. water. Cook over low heat until thickened.)

Method:

1. Knead water dough and oil dough separately until smooth.
2. Divide each dough into 30 sm. pieces.
3. Roll out each water dough and wrap the oil dough. Roll out the dough 2 or 3 times. Then roll it into a round shape. Spread 1 tblsp. of filling in the center and wrap it up.
4. Put the smooth side of the dough up on oiled cookie sheet.
5. Dip sugar water over the top of the bun and spread with sesame seed. Bake at 375° for at least 20 minutes or until brown.

REMARKS:

1. May be frozen before or after baking. If before baking, thaw the buns at room temperature and bake according to instructions in Step 5. For reheating, put in oven at 200° for 15 minutes.
2. This is a delicious appetizer, snack and bun for any kind of party or dinner.

Crab Ball

SHANGHAI

- 1 6-oz. can crab meat
- 1/4 c. ground pork
- 2 oz. chopped shrimp
- Sprinkle of salt and pepper

- Sprinkle of Accent
- 1 tblsp. cornstarch
- 1 egg white (well beaten)
- 3 tblsp. cornstarch

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Method:

1. Divide crab meat into small pieces.
2. Make pork and shrimp mixture by adding salt, pepper, 1 tblsp. cornstarch and Accent to chopped and minced shrimp and ground pork.
3. Dip crab pieces in pork and shrimp mixture, then in egg white.
4. Roll in cornstarch and deep-fry.
5. Serve with chopped green onion on top.

Double Cooked Pork Slices

SZECHUAN

- 2 c. cooked pork slices*
- 1 green pepper
- 1 red pepper
- 2 cloves smashed garlic
- 1/2 c. fresh mushroom slices
- 2 tblsp. soy bean paste, or Hoisin sauce
- 1 tblsp. hot bean paste or hot pepper
- 2 tsp. soy sauce
- 2 tsp. sugar

Method:

1. Cut green pepper and red pepper into 1" squares.
2. Mix soy bean paste, hot bean paste, soy sauce, sugar in a small bowl.
3. Stir-fry pork slices in 3 tblsp. oil for 1 minute; add garlic, green and red pepper for another minute. Remove from pan. In the remaining oil, stir-fry the soy bean paste mixture for 1/2 minute.
4. Return pork mixture, stir well and serve with rice.
- * To cook pork: Cut 2 lb. pork roast into 1" x 3" x 1" strips. Boil in 4 c. water with 2 slices of ginger, 1 stalk of onion, salt and pepper to taste for 1 hour. Slice pork when it is cool.

Rice Crust Soup

PEKING

- 4 c. chicken stock
- Salt and pepper to taste
- 1/2 tsp. Accent
- 1/4 c. crab meat
- 1/2 c. shrimp
- 8 pieces of rice crust
- 1 med. dried mushroom
- 1/4 c. bamboo shoot slices
- 3 tblsp. chopped green onion
- 2 tblsp. cornstarch
- 2 tblsp. water

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Method:

1. Season chicken stock with salt, pepper and Accent.
2. Soak mushroom for 15 minutes, slice mushroom. Save the stock and add to chicken soup.
3. Add shrimp, crab, mushroom, bamboo shoot slices and green onion into soup. Bring to boil. Mix cornstarch and water into paste. Pour it in soup slowly and stir well.
4. Deep-fry rice crust and add to soup at the table. There should be a sizzling sound.
5. If rice crust is deep-fried in advance, keep in oven to keep warm. Heat oven to 300° for 5 minutes just before serving. The rice crust should be very hot to add to soup at the table in order to have sizzling sound.
6. Timing is very important in this impressive dish.

Almond Cookies

CANTON

- | | |
|----------------------|-------------------------------|
| 36 Almonds | 1 c. sugar |
| 2 1/2 c. flour | 1 c. nuts or almonds, chopped |
| 1 tsp. baking powder | 3/4 c. butter, softened |
| 1/4 tsp. salt | 2 eggs, beaten |
| | 1 tsp. almond extract |

Method:

1. Mix flour, baking powder, salt and sugar in bowl.
2. Add nuts and butter.
3. Add beaten egg and almond extract and stir well.
4. Shape dough into small balls (1 tblsp. size).
5. Put the small balls on greased cookie sheet, leaving 1" between each cookie. Brush each cookie with egg yolk. Place 1 almond in the center of each cookie, pressing down lightly.
6. Bake at 350° in oven for 20 minutes.
7. Cool cookies on rack. Yield: 3 doz. cookies.

Oyster Beef with Bamboo Shoots

CANTON

- | | |
|---------------------------------|------------------------|
| 1 c. flank steak slices | 2 tblsp. oyster sauce |
| 1 8-oz. can bamboo shoot slices | 1 tblsp. wine |
| 2 stalks green onion | 1 tblsp. cornstarch |
| 3 slices fresh ginger | 5 tblsp. vegetable oil |
| 1/2 tsp. baking soda | |

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Method:

1. Slice beef across the grain into thin slices. Sprinkle baking soda on the meat to tenderize.
2. Marinate meat with oyster sauce, wine and cornstarch for 10 minutes.
3. Stir-fry bamboo shoots with 1 tblsp. oil. Season with salt and pepper to taste. Put aside.
4. Heat 5 tblsp. oil to stir-fry onion, ginger for a few seconds. Add meat and stir-fry for a minute. Discard ginger.
5. Return bamboo shoots to meat and mix well to serve.

Beef Steak, Chinese Style

SHANGHAI

Beef tip steak, 1 c. sliced

Marinate meat in the following sauce for 15 minutes:

- | | |
|---------------------|---------------------------|
| Soy sauce, 2 tblsp. | Baking soda, 1/2 tsp. |
| Salt, sprinkle | Cornstarch, 1 tblsp. |
| Wine, 2 tblsp. | Ginger, chopped, 1 tblsp. |
| Sugar, 2 tsp. | Green onion, 3 tblsp. |
| Accent, 1/2 tsp. | |

Method:

1. Heat 5 tblsp. oil, shallow fry the beef pieces, turn the meat over once or twice until both sides brown.
2. Take meat out and arrange meat on lettuce on the serving plate.
3. Pour all the marinade into skillet, cook until gravy is thick. Pour over meat and serve.

OR

Method:

1. Deep-fry marinated meat in oil (2 or 3 cups) for 1 minute.
2. Make a different sauce to pour over meat on serving platter.
3. Sauce:

2 tblsp. catsup	1/2 tsp. salt
1 tblsp. Worcestershire sauce	5 tblsp. water
1 tblsp. wine	1 tblsp. sugar
4. Make cornstarch paste: 2 tblsp. cornstarch and 2 tblsp. water; put it aside.
5. Heat 1 tblsp. oil and pour sauce in to stir-fry. Add cornstarch paste to thicken. Mix well.

Yeast Dough

PEKING

- | | |
|-----------------------------------|-------------------------|
| 1 pkg. dry yeast | 1 tsp. baking powder |
| 3/4 c. sugar | 4 c. all-purpose flour |
| 1 3/4 c. warm water (105° - 115°) | 1 c. flour for kneading |

Method:

1. Lightly grease large bowl; set aside.
2. Dissolve yeast with sugar in water in mixing bowl. Immediately add baking powder and then 4 c. flour and mix well.
3. Transfer to board and knead for 20 minutes, until dough becomes smooth and elastic, adding more flour as necessary.
4. Place in greased bowl, cover with damp cloth and leave in warm, draft-free area until dough doubles in bulk.
5. Punch dough down and knead again for 5 minutes. It is now ready to be used.

Steamed Snail Buns

PEKING

- | | |
|----------------------|--------------|
| 1 basic yeast dough | 1/2 c. sugar |
| 3/4 c. oleo (melted) | |

Method:

1. Mix oleo and sugar in small bowl.
2. Remove dough from bowl, knead on floured surface until smooth and elastic, divide dough into two portions.
3. Roll each portion into large rectangles, about 1/5" thick. Spread surface with the mixture of sugar and oleo. Roll up into a roll 2 1/2" across. Shred each roll and divide shreds into 12 equal groups.
4. Take each shredded group and lightly stretch until shreds are about 6" long. Holding one end of the shreds, wrap the other "May pole" fashion around index and forefinger, tuck end underneath to form snail. Yield: 24 snails.
5. Place finished buns on foil, let it rise for 30 minutes until springy to the touch. Place in a steamer 2" apart, steam for 12 minutes. Serve hot.
6. May be baked in oven at 350° for 20 minutes until lightly browned.

Silver Thread Loaves

PEKING

- | | |
|-------------------------------|------------------------|
| 1 recipe of Basic Yeast dough | 6 tblsp. oleo (melted) |
|-------------------------------|------------------------|

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Method:

1. Remove risen dough from bowl and knead on a floured surface until smooth and elastic, about 5 - 7 minutes. Divide dough into 6 portions.
2. Divide each portion into 2 pieces A and B.
 - A. Using rolling pin, roll out each piece into a square 6" x 6".
 - B. Using rolling pin, roll out each piece into a rectangle 4" x 8". Spread surface lightly with melted oleo, fold in half, shred this rectangle thin.
3. Gather "B" shreds together and stretch slightly so that the ends extend to about 1/2" from the edges of "A" square. Wrap edges of "A" around "B" shreds and place these 6 dough packages on paper or foil with wrapped edges down. Let rise 30 minutes until springy to the touch.
4. Place each package in a steamer 2" apart, steam for 15 minutes. Before serving, cut into thin slices to serve.
5. OR, after steaming, cool the loaf, then deep-fry and cut into slices to serve.
6. May be baked in oven at 350° for 25 minutes until lightly browned.

Chinese Sausage

SHANGHAI

- 3 lb. pork butt cubes
Marinate in the the following sauce:

- | | |
|--------------------------|-----------------|
| 3 tblsp. soy sauce | 1/2 tsp. pepper |
| 1 tsp. five spice powder | 1/2 tsp. salt |
| 1 tsp. Accent | 1 tsp. sugar |
| 1/2 tsp. garlic salt | |

Funnel

- Thick stick or thick chop stick
Sausage casing and string to tie
2 tblsp. sesame oil

Method:

1. Cut meat into 1/2" cubes.
2. Marinate meat with ingredients for at least 3 hours or more.
3. Clean casing with water by pouring water into casing and rinsing the outside. Squeeze water out.
4. Stuff the marinated meat into sausage casing with funnel and thick stick. Tie string every 6 inches.
5. Boil sausage in water for 2 minutes.

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6. Use match to burn the tip of a long needle. Use the needle to poke holes all over the sausage to let air out.
7. Apply sesame oil all over sausage.
8. A. Hang sausage outdoors or indoors to dry for a few days. Cheese cloth can be used to cover sausage to keep it clean.
B. Or bake in oven at 300° for 1 hour.
9. If baked, slice sausage and serve with parsley over for decoration.
10. If dried outdoors, the sausage should be sliced and steamed for 20 minutes before serving. Yield: 6 six-inch long sausage.

Stick Chicken Salad or Bon-Bon Chicken

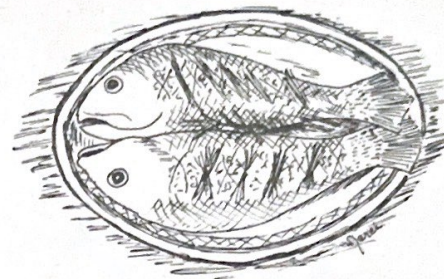
SZECHUAN

- 1 chicken breast
1 sm. pkg. of bean threads: Soak with hot water for 5 min. then drain with cold water.
1/2 c. of bamboo shoot threads
1 c. of cucumber shreds: Soak with a pinch of salt for 10 minutes, then squeeze water out.
- Sauce to season with:
2 tblsp. sesame seed paste (peanut butter) - 2 tsp. sugar
3 tblsp. soy sauce 1/2 tsp. garlic salt
1 tblsp. vinegar 1/2 tsp. Accent
1 tblsp. sesame oil 1/2 tsp. pepper
1/2 tsp. ginger powder 1 tblsp. hot pepper oil

Method:

1. Boil water in a large pot. Add chicken and cook for 20 minutes. Take chicken out to cool. Remove chicken bones, cut meat into 1 1/2" long and pencil thickness pieces.
2. Put bean threads on the platter. Then bamboo shoots, cucumber shreds and chicken sticks.
3. Make sauce: Mix peanut butter with soy sauce slowly, then add the rest of the ingredients. Pour seasoning sauce over chicken and mix well before eating.

REMARKS: Sesame paste is made of ground sesame seeds and sesame oil. It is available in any Chinese grocery store. It comes in small jars or cans. Should be refrigerated at all times. Peanut butter and a few drops of sesame oil is a good substitute. It is used often in making sauce for vegetable salad and meat salad.



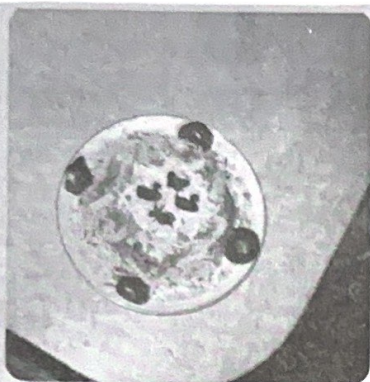
Oven Steamed Fish

- 1 lb. trout
1/2 c. chopped ham
1/2 c. chopped green onion
1/4 c. chopped fresh bacon
- Sauce to go over fish:
3 tblsp. soy sauce
2 tblsp. wine
1 tsp. sesame oil
1 tblsp. sugar
2 cloves garlic, smashed
5 slices ginger
5 shredded black mushroom pieces
1/3 c. of black mushroom stock

3 fresh bacon slices
Heavy duty foil, 1 big piece large enough to wrap fish.

Method:

1. Clean and scale fish. Use sharp knife to make a few slits on each side of fish.
2. Mix ham, green onion and bacon to stuff in slits and stomach opening of fish.
3. Mix sauce to go over fish.
4. Oil center of foil with butter or sesame oil.
5. Stuff fish stomach opening and slits with ham, onion and bacon mixture.
6. Wrap 2 or 3 fresh bacon pieces around fish.
7. Put fish on the center of foil. Sprinkle more ham, onion and bacon mixture over fish.
8. Pour the sauce over fish, arrange ginger shreds and black mushroom shreds on fish.
9. Fold foil on top and sides. Bake at 375° for 40 minutes.
10. Serve with foil open on platter or without foil on platter.
11. This dish can be steamed in steamer.



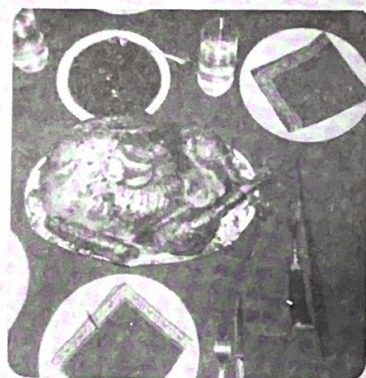
CHICKEN SALAD



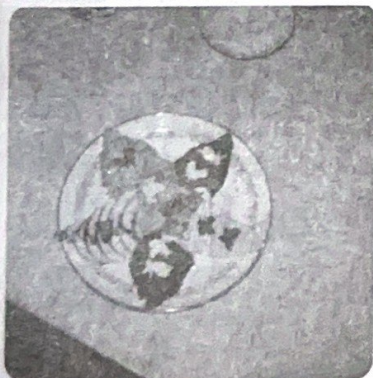
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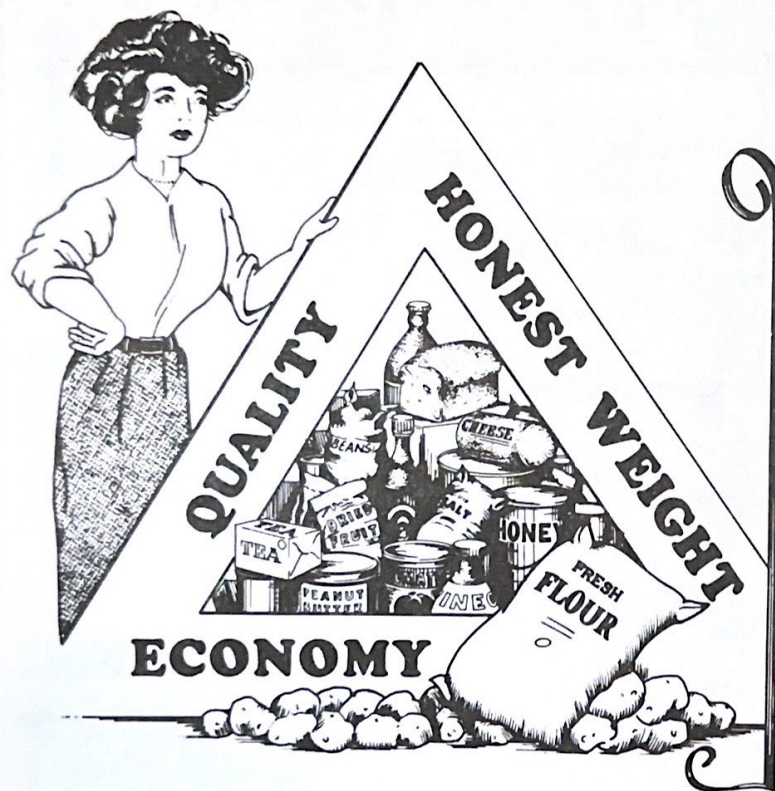
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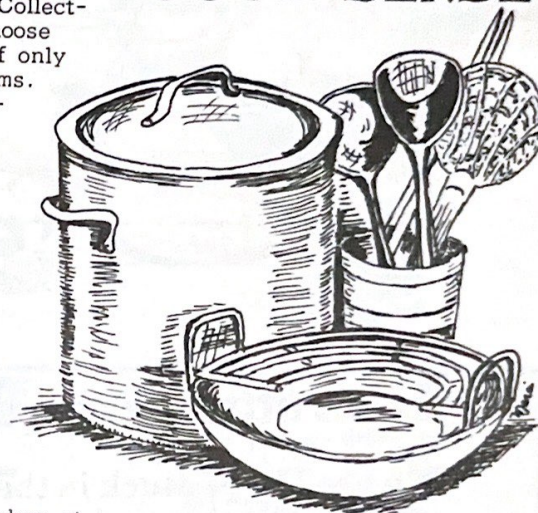
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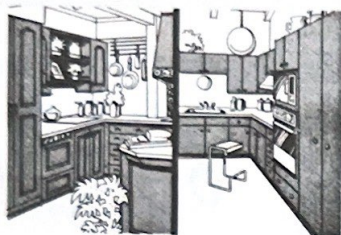
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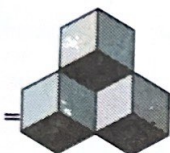
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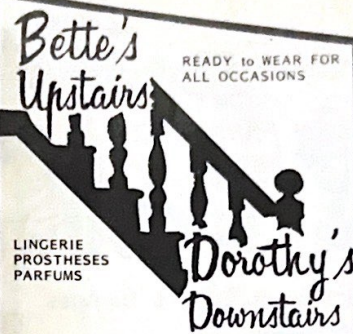


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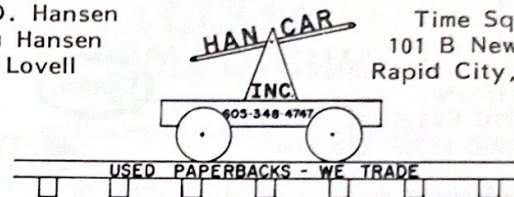


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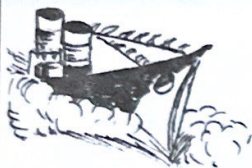
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CHAPTER V

CHINESE COOKING V

1.
 - a. Stuffed Shrimp with Crab & Pork
 - b. Three-Color Shrimp
 - c. Carrot & Cabbage Salad
 - d. Onion Pancake with Yeast Dough
2.
 - a. Chinese B-B-Q Pork or Spareribs (Char Siu)
 - b. Fish Flavored Pork Shreds
 - c. Mixed Chinese Vegetables
 - d. Chinese Onion Pancakes Using Flour Tortillas
3.
 - a. Meat Stuffed Chinese Pancakes
 - b. Char-siu, Pao-tze
 - c. Pretzel Twist
4.
 - a. Curry Chicken with Gravy
 - b. Lemon Chicken
 - c. Chicken Velvet Balls with Vegetables
 - d. Lychees Dessert
5.
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 - c. Barbequed Pork Chops with Satay Sauce
 - d. Rice Cake
6.
 - a. Roast Turkey, Chinese Style
 - b. Egg Roll with Chicken & Ham
 - c. Chinese Pastry with Lima Bean Paste or Red Bean Paste



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Top Right
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Level II



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Level II

Stuffed Shrimp with Crab & Pork

SHANGHAI

18 shrimp, large size with shells

Stuffing:

1/4 c. ground pork (OR beef)	1 tsp. sugar
1/2 c. canned crab	1/2 tsp. salt
1 tsp. soy sauce	1/4 tsp. Accent
1 tblsp. cornstarch	2 tblsp. chopped green onion
1 tblsp. wine	2 or 3 water chestnuts (chopped fine)
1 egg (beaten)	
2 c. crushed corn flakes	
Mustard sauce for dipping	

Method:

1. Shell and clean shrimp, leaving tails on. Cut shrimp half from the back and pressed flat with finger.
2. Mix next ten ingredients.
3. Stuff each shrimp with 1/2 tblsp. pork and crab mixture on the cut side.
4. Dip shrimp in egg and coat with a layer of cornflake crumbs.
5. Deep fry until slightly brown (about 3 minutes).
6. Dip shrimp into hot mustard sauce and enjoy.

Three-Color Shrimp

PEKING

12 or 16 large shelled shrimp

Sauce 1:

1 egg white
1 1/2 tblsp. cornstarch
1/2 tsp. salt
1 tblsp. wine
1 tblsp. ginger juice

1 lb. fresh spinach
2 tblsp. oil
Salt to taste

Sauce 2 (for seasoning):

1 tblsp. wine
1 tblsp. water
1 tsp. sesame oil
1 tsp. cornstarch
1 tblsp. catsup

Sauce 3:

1/2 tsp. curry powder
1 tblsp. water

1 tblsp. oil

Method:

1. Clean shrimp, cut in half with slit on the back, marinate in Sauce 1. Put shrimp aside.
2. Stir-fry spinach in 2 tblsp. oil. Add salt to taste. Drain and arrange on platter in order to divide the platter into three sections.
3. Mix wine, sesame oil, water and cornstarch to make seasoning sauce. Put sauce aside.

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4. Heat 3 tblsp. oil in skillet, stir-fry shrimp for a minute. Add seasoning sauce. Continue stir-frying for another minute. Remove 2/3 of the shrimp to a bowl. Add cat-sup to skillet and stir well, and remove shrimp to one section of the platter.
5. Mix curry powder and water to make Sauce 3.
6. Heat 1 tblsp. oil in skillet. Add Sauce 3 slowly over low heat for 1/2 minute. Add another 1/3 of the shrimp and stir well. Put this 1/3 of the shrimp in one section of the platter.
7. Arrange the remaining 1/3 of the shrimp in the last section of the platter.

Carrot & Cabbage Salad

PEKING

- | | |
|--|---------------|
| 3 carrots (peeled) | 1 tblsp. salt |
| 4 c. Chinese cabbage shreds | 4 c. water |
| 1 tblsp. peppercorn husks (or peppercorns) | |

Method:

1. Boil 4 c. water with peppercorn husks and salt for 5 min. Discard peppercorn husks. Put carrots and Chinese cabbage in to boil for 5 minutes. Take carrot out and slice into shreds. Rinse vegetables in cold water. Squeeze water out.
2. Make a sauce with the following ingredients:

1 tsp. soy sauce	1/2 tsp. Accent
1/4 tsp. salt & sprinkle of pepper	1 tsp. sesame oil
2 1/2 tblsp. vinegar	Hot pepper (optional)
1 tblsp. sugar	
3. Marinate vegetables overnight and serve.

Onion Pancake with Yeast Dough

PEKING

To make yeast dough:

- | | |
|-----------------------------------|------------------------|
| 1 pkg. dry yeast | 1 tsp. baking powder |
| 1/2 tsp. salt | 4 c. all-purpose flour |
| 1 3/4 c. warm water (105° - 115°) | 1 c. flour to knead |

Method:

1. Lightly grease large bowl, set aside.
2. Dissolve yeast with salt in water in mixing bowl. Immediately add baking powder and then 4 c. flour and mix well.
3. Transfer to board and knead for 20 minutes, until dough becomes smooth and elastic, adding more flour as necessary.

cont'd on Page 65

cont'd from Page 64

4. Place in greased bowl, cover with damp cloth and leave in warm, draft-free area until dough doubles in bulk.
5. Punch dough down and knead again for 5 minutes. It is ready to be used.

To make the onion pancake:

1. Divide dough into 4 parts. Roll each part out to 1/4" thick. Sprinkle chopped onion, salt, pepper and spread oil all over. Then roll it up, as a jelly roll. Form into a round snail shape tucking the final end into the center of the bun. Press down and roll out until 1/4" thick.
2. Heat 2 tblsp. oil in flat frying pan. Place pancake in and shallow-fry for 1 minute. Pour 1/2 c. water into skillet. Cover and turn heat to medium-low and cook for 3 or 4 minutes until water is all gone. Then turn pancake over and brown.
3. Serve either cold or hot.

CHINESE Chinese B-B-Q Pork or Spare ribs

(CHAR SIU)

CANTON

- | | |
|--|--------------------|
| 2 lb. pork butts | 2 tblsp. soy sauce |
| 1 pkg. Chinese sweet pork Char Siu Mix | Sprinkle of salt |
| 1/2 c. water | |

Method:

1. Cut meat into 2" x 4" strips. Discard as much fat as you can from the piece of meat.
2. Marinate meat overnight in one pkg. of sweet pork mix, with 1/2 c. water, soy sauce and sprinkle of salt.
3. Bake in oven at 375° for 45 minutes or 1 hour.
4. Serve meat hot or cold by slicing the meat into thin slices.
5. This is a very popular Cantonese dish.
6. You may serve it as an hors d'oeuvre or as a garnish for other dishes.
7. Chinese Sweet Pork Char Siu Mix can be purchased in any Chinese grocery store.

Fish Flavored Pork Shreds

SZECHUAN

- | | |
|----------------------------|----------------------------------|
| 1 c. lean pork shreds | 1/2 c. red & green pepper shreds |
| 1 egg white | 1 tblsp. soy sauce |
| Sprinkle of salt | 1/2 tblsp. sherry |
| 2 tsp. soy sauce | 1 stalk green onion shreds |
| 1 tblsp. cornstarch | 1/2 tsp. sugar |
| 2 c. oil for deep-frying | 1/2 tsp. pepper oil |
| 1/2 c. bamboo shoot shreds | 1/2 tsp. vinegar |

cont'd on Page 66

cont'd from Page 65

Method:

1. Marinate pork with egg white, salt, soy sauce and corn-starch.
2. Heat 2 c. of oil and deep-fry marinated meat for 1 min. Drain on towel.
3. Heat 2 tblsp. oil in skillet. Stir-fry bamboo shoots, pepper and onion. Add meat in and mix. Add soy sauce, sherry and sugar. Stir well.
4. Add hot pepper oil and vinegar. Mix well to serve.

Mixed Chinese Vegetables

PEKING

- 1/2 cake of bean curd
- 1/2 c. bamboo shoots slices
- 4 water chestnuts (sliced)
- 3 black mushrooms (soaked and sliced. Discard stems.).
- 6 fresh mushrooms (sliced)
- 1/2 c. carrots (sliced)
- 1 c. cauliflower (small pieces)
- 1 c. broccoli flowerettes
- 1/2 c. potato slices
- 1/2 c. bean sprouts

Seasoning ingredients:

- 1 c. chicken soup
- 3 tblsp. soy sauce
- 1 tsp. salt
- 1 tsp. sugar
- 1 tsp. Accent

- 1 or 2 cloves of garlic

- 1 tsp. sesame oil to sprinkle over the dish after it is stir-fried
- 3 tblsp. oil to stir-fry

Method:

1. Parboil carrots, cauliflower, broccoli flowerettes and potato slices for 3 minutes. Rinse under cold water to preserve crispness and color.
2. Cut bean curd cake into 1 1/2" x 1" pieces. Brown both sides of the pieces in 2 or 3 tblsp. oil in skillet with 1 or 2 cloves of crushed garlic. Drain and put on a plate to use later.
3. Heat 3 tblsp. oil in frying pan. Stir-fry bamboo shoots, black mushrooms, fresh mushrooms and water chestnuts.
4. Add all other vegetables in and stir-fry for 2 minutes. Add 1 c. chicken soup stock. Add salt, soy sauce, sugar and Accent. Stir-fry until sauce is thickened. Add sesame oil and mix well to serve.

cont'd on Page 67

cont'd from Page 66

REMARKS: This ten-vegetable dish is a symbol of perfection. The dish is usually served at happy occasions and Chinese New Year. Fewer kinds of vegetables can be used for daily menus.

Chinese Onion Pancakes Using Flour Tortillas

- 2 eggs
- 2/3 c. chopped green onion
- 10 flour tortillas (8" in diameter)

Salad oil
Salt & pepper

Method:

1. Beat eggs in a small bowl.
2. Spread one tortilla with about 2 tblsp. egg mixture; sprinkle with 2 tblsp. green onion, salt and pepper. Top with a second tortilla and press together.
3. Pour 1 tblsp. oil in skillet. Put tortilla in and shallow-brown. Then turn over to shallow-brown the other side.
4. For variations use chopped bacon, hot chili or hoisin sauce.

REMARKS: This is a hearty breakfast and lunch dish. Sometimes ham and cheese can be used too.

Meat Stuffed Chinese Pancakes

(using noodle machine)

PEKING

- 2 1/2 c. flour
- 3/4 c. water

Filling:

- 1 c. ground beef
- 1/2 c. small shrimp (chopped)
- 2/3 c. cabbage (parboiled and chopped)
- 1/3 c. green beans (chopped)
- 1/3 c. carrots (parboiled & chopped)
- 1/3 c. fresh mushrooms (chopped fine)
- 1/3 c. chopped onion
- 2 tblsp. soy sauce
- 1 tsp. salt
- Sprinkle of pepper
- 1/2 tsp. sesame oil
- Sprinkle of Accent

Method:

1. Make dough by mixing flour and water. Knead dough with more flour until smooth. Cover with wet towel to rest for 10 minutes.

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cont'd from Page 67

2. Use dough with noodle machine. Press dough into 1/8" thin strips. Put 1 tblsp. filling on thin strips. Cover with another thin strip. Use edge of cup to cut over meat into round piece.
3. Heat 2 tblsp. oil in skillet; put 4 or 5 stuffed pancakes in skillet. Brown one side and then turn over to brown the other side.
4. Serve with basic salad sauce. See Page 79.
5. One recipe of dough will make 35 or more stuffed pancakes.

REMARKS: One has to feed dough into the machine several times in order to make the dough smooth. Be generous with flour before feeding the dough into the machine.

Char-siu Pao-tze

CANTON

- 1 recipe of yeast dough
- 2 c. diced Char-siu pork
- 1 c. green onion (diced)
- 1 tblsp. soy sauce
- 1 tblsp. oyster sauce
- 2 tblsp. hoisin sauce
- 2 tblsp. sugar
- Sprinkle of pepper and salt
- Few drops of sesame oil
- 1 tblsp. cornstarch
- 2 tblsp. water to mix with cornstarch for cornstarch paste
- 1/2 c. water

Method:

1. To make filling: Heat 2 tblsp. oil in skillet, stir-fry onion and meat for just one minute. Add mixture of soy sauce, oyster sauce, hoisin sauce and sugar. Add 1/2 c. water, sesame oil, pepper and cornstarch paste. Cook until sauce thickens. Cool sauce.
2. Divide yeast dough into 4 parts. Roll each part into a long and round stick with 1" diameter. Cut each stick into 10 pieces. Roll each piece out to a 4" diameter round piece. Put 1 tblsp. of sauce in center and wrap up the dough just like pao-tze.
3. Put on foil piece (2" square) and steam for 15 minutes. Serve hot or cold.

Pretzel Twist

PEKING

Candied Sauce:

- 2 1/2 c. flour
- 1/2 tsp. salt
- 2 tblsp. oil
- 3/4 c. water

- 3/4 c. sugar
- 1/2 c. water

Method:

1. Mix flour, salt, oil and water together. Knead for 2 min. Cover with wet towel to rest for 20 minutes.
2. Divide dough into 3 parts. Roll each part out to 1/4" thin strips. Roll each strip round and thin. Twist it, press both ends together. Hold ends up and the strip will twist together.
3. Deep-fry for 3 minutes until golden brown.
4. Make candied sauce. Put sugar and water in small saucepan. Cook over low heat for 5 minutes. Put dough twists in and cover with candied sauce. Take out to cool.
5. This is a crunchy and tasty snack.
6. Pretzels can be rolled in powdered sugar after deep-frying for variation.

Curry Chicken with Gravy

SHANGHAI

- 1 2-lb. chicken
- 4 tblsp. flour for dusting and coating chicken pieces
- 2 tblsp. oil
- 1 onion, cut into squares
- 1 tblsp. curry powder
- 1 tblsp. sugar
- 2 tsp. salt
- 1 1/2 c. water
- 3 potatoes, cut into rolled cut pieces

Sauce to mix with chicken pieces:

- 2 tblsp. oil
- 6 tblsp. flour
- 1 c. milk
- 1 c. chicken broth
- Sprinkle of salt & pepper to taste

Method:

1. Cut chicken into 1" pieces and dust with flour.
2. Heat 2 tblsp. oil in skillet. Saute' onion first then add meat pieces and potatoes. Stir-fry until meat turns white. Add curry, sugar, salt and water. Cover pan and reduce heat to simmer for 20 minutes.

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cont'd from Page 69

3. Heat 2 tblsp. oil in another skillet; add flour and stir flour for a few minutes until flour becomes light brown. Pour in 1 c. milk and 1 c. chicken broth; season with sprinkle of salt and pepper.
4. Mix this sauce with chicken pieces and pour everything into a baking pan. Bake in oven at 350° for 30 minutes.

Lemon Chicken

2 whole chicken breasts	Oil for deep fry
1/4 c. cornstarch	1/4 c. chopped green onion
1/2 tsp. salt	1/2 c. carrot slices
Sprinkle of pepper	1/2 c. cucumber slices
3 tblsp. water	1/2 c. green pepper
2 egg yolks (beaten)	

Lemon Sauce:

3/4 c. water	1 1/2 tblsp. cornstarch
1/4 c. lemon juice	2 tblsp. honey
2 tblsp. brown sugar	1/2 tsp. Accent
1/4 tsp. ginger powder or 1 tblsp. ginger juice	

Method:

1. Remove skin of the breasts; cut breasts in halves. Remove bones. Use meat tenderizer or the back of cleaver to pound chicken breast slightly.
2. Cut meat into 1" squares. Combine cornstarch, salt, pepper, water and egg yolks. Stir well.
3. Pour oil in medium saucepan. Heat pan to deep fry. Dip each piece of meat in cornstarch mixture, and deep fry meat until golden brown. Drain breast pieces on paper towel.
4. Heat a skillet with 2 tblsp. oil, stir-fry vegetables for 2 or 3 minutes. Then pour lemon sauce over the vegetables and cook until cornstarch turns clear. If cornstarch is too sticky, feel free to add a little water to thin the gravy.
5. Add chicken pieces into the skillet. Stir well and serve.

Chicken Velvet Balls with Vegetables

PEKING

1 c. chicken velvet (See Page 50.)	1 c. green pepper squares
2 c. oil for deep-frying	1 c. bamboo shoot slices
1 c. fresh mushroom slices	1/2 tsp. Accent
1 tblsp. cornstarch & 1 tblsp. water	
Salt & pepper to taste	

cont'd on Page 71

Method:

cont'd from Page 70

1. Heat oil to 325°. Spoon chicken velvet into oil to deep-fry until white. Drain over towel.
2. Heat 2 tblsp. oil in skillet, stir-fry pepper, mushrooms and bamboo shoots. Add salt and pepper to taste & 3 tblsp. water to cook vegetables.
3. Add chicken velvet balls. Mix well with vegetables. Add Accent and cornstarch paste (1 tblsp. cornstarch & 1 tblsp. water) to thicken. Serve.

Lychees Dessert

CANTON

1 can Lychees (cooled in refrigerator)
2 cans mandarin orange segments (cooled in refrigerator)
1/4 c. lemon juice
1 c. banana slices (chilled)
1 c. water
1/2 c. sugar

Method:

1. Place one can of mandarin orange segments with syrup in blender container. Blend until smooth.
2. Stir in lemon juice, sugar and water. Pour into a square pan to cool in freezer. Freeze until firm (about 3 hours).
3. Place a few slices of banana, orange segments, and chilled lychees with syrup in serving dish.
4. Remove frozen fruit mixture from freezer. Flake lightly with fork and spoon over fruit in each dish and serve.

Stuffed Mushrooms

20 medium mushrooms (cleaned and washed)
1 c. ground pork or beef
1/4 c. water chestnuts (chopped fine)
2 stalks green onion (chopped fine)
1 tsp. soy sauce
1 egg white
Salt and pepper to taste
1/4 c. celery (chopped fine)

Method:

1. Mix all ingredients and spoon mixture into the cavities of mushroom caps.
2. Make batter:

1/2 c. cornstarch	3/4 tsp. salt
1/2 c. flour	1/3 c. milk
1 1/2 c. baking powder	1/3 c. water

cont'd on Page 72

cont'd from Page 71

- Heat oil to 375°. Dip mushroom in flour and then in batter. Deep fry 6 or 8 at a time for 5 minutes. Drain on paper towel.
- This is a very good appetizer.

REMARKS: Mushrooms with wider cavities are preferred.

Satay Beef

SHANGHAI

- 1 lb. beef (continental steak or tip steak)

Marinating Sauce:

- 2 tblsp. water
- 1 tsp. cornstarch
- 2 tsp. soy sauce
- 1 tsp. sesame oil
- 1 clove garlic
- 1 c. white onion slices
- 2 tblsp. water
- 1 tsp. soy sauce
- 1 tblsp. satay sauce
- 1 tblsp. sherry wine
- 1/2 tsp. sugar

Method:

- Remove and discard fat. Cut meat into thin slices across the grain.
- Combine 2 tblsp. water, cornstarch, sesame oil and soy sauce, and marinate meat in this sauce for 15 minutes.
- Heat 2 tblsp. oil and spread half of the meat in skillet to brown lightly on both sides. Then do the other half. Take meat out.
- Add onion and garlic to skillet. Stir-fry until soft; add 2 tblsp. water, soy sauce, satay sauce, sherry and sugar. Then stir in meat. Garnish with parsley sprigs.

Barbequed Pork Chops with Satay Sauce:

- 10 slices of thin pork chops (or 4 c. of pork slices)
- 2 tblsp. soy sauce
- 2 tblsp. oyster sauce
- 2 tblsp. satay sauce
- 1 tblsp. sugar
- 1 tblsp. sherry

Method:

- Marinate meat for 10 minutes in the above ingredients. Then spread meat over foil-covered baking pan.
- Bake at 350° for 1 hour until brown and crispy.

Rice Cake

ALL REGIONS

- 1 lb. sweet rice flour
- 1/2 c. sugar
- 1/2 c. chopped dates
- 1 tsp. baking powder

- 2 c. water
- 1/2 c. vegetable oil
- 1/2 c. nuts (optional)

Method:

- Mix all ingredients except walnuts. Pour batter into greased medium cake pan.
- Break nuts into quarters and sprinkle on top evenly. Steam for 25-35 Minutes or bake in a 350° oven for 30-40 minutes.
- Insert chopstick in center to check.
- After cooling 10 - 15 minutes, cut into strips. Serve at room temperature. Leftover rice cake can be frozen and warmed again by baking at 350° for 10 minutes.
- Or cut into slices and dip in egg batter to deep fry. Egg batter:
 - 1 egg
 - 1/2 c. flour
 - 1/2 tsp. baking powder
 - 2 tblsp. sugar
 - 3 or 4 tblsp. water or milk

REMARKS: This is a popular dessert at Chinese New Year time. The Chinese name of this dessert is "nien kao"--"nien" stands for "year" or "being sticky" so it means a cake for the new year or sticky cake.

Roast Turkey, Chinese Style

- 10 lb. turkey
- 2 tblsp. salt
- 1 tblsp. pepper
- 1/2 c. butter or oleo
- 2 cloves garlic
- 2 slices ginger root
- 2 stalks green onion

Filling: Same as for Eight-Jewel Duck on Pages 38 & 39.

Method:

- Bone turkey in 6 steps with a very sharp knife.
 - Put turkey breast down on cutting board. Make 1 long cut from neck to tail along the back bone, peeling the skin and meat away from the skeleton.
 - Cut carefully under the tenderloin of dark meat; keep it intact with the skin.
 - Cut around the backbone to expose the thigh joint. Snap the joint by pulling leg toward the tail and wiggle the leg.
 - Cut along the wing-blade bone to the breast into the wing joint to separate it. Then cut along the wish-bone to the breast bone.

cont'd on Page 74

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- e. Cut along the breast bone and release the skeleton from turkey.
- f. To remove the upper thigh bone, separate the leg joint from the thigh and make a careful slash along the thigh bone and work it out. Do same for the other leg. Leave leg and wing bone in turkey to give a more natural look after it is roasted.
2. Smash garlic and ginger, chop green onion.
3. Heat butter, add garlic, ginger, onion, salt and pepper.
4. Baste the mixture all over turkey inside and outside. Marinate boned turkey for 1 day and 1 night in refrig.
5. Make filling: Same as for Eight-Jewel duck (Chinese Cooking III, Page 38 & 39).
6. Sew the back skin together; start from the back opening. Stuff the filling in loosely. Then sew the neck opening.
7. Put heavy foil on rack. Spray foil with non-stick coating or butter generously to prevent sticking. Put turkey on foil to roast.
8. Preheat oven to 425° for a few minutes. Turn down to 325°. Roast turkey for 2 1/2 hrs. until golden brown.

Egg Roll with Chicken & Ham

1 chicken breast
Sprinkle of salt & pepper to taste
1/4 tsp. of five-spice powder
1/4 tsp. curry powder
Sprinkle of garlic powder
Few pieces of thin ham slices
2 tblsp. milk & 1 egg (beaten)
1/4 c. flour
Several egg roll skins
Some oil to deep fry

Method:

1. Remove skin and bone from the breast. Pound breast meat very thin.
2. Combine all ingredients and sprinkle evenly over the chicken pieces.
3. Put each ham piece on chicken piece and roll it up tightly.
4. Combine egg and milk in shallow dish. Coat each chicken and ham roll with flour. Then dip in egg-milk mixture. Put it on egg roll skin diagonally. Roll up each one like an egg roll.

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5. Deep fry ham and chicken roll in oil until brown. Drain and cool slightly. Cut into diagonal slices and serve.

Chinese Pastry with Lima Bean Paste or Red Bean Paste

PEKING

Pastry Dough:

1 c. brown sugar	1/2 c. salad oil
1 c. white sugar	1/2 c. milk
3 eggs	2 tsp. baking soda
4 or 5 c. flour	2 tsp. baking powder

Lima Bean Paste:

1 lb. lima beans (or red kidney beans)
4 c. water
1/2 c. oleo
3/4 c. sugar

1 or 2 egg yolks for spreading over the top of the pastry

Method:

1. Mix all ingredients to make pastry dough. Cool the dough in refrigerator for 2 hours.
2. Make paste by soaking lima bean overnight. Take shell off and boil with 4 c. water for 45 minutes at medium heat. Put oleo in skillet and pour paste in. Add 3/4 c. sugar. Stir-fry for 15 minutes at low heat, until liquid is all dried up. Cool paste for use later.
3. Divide the chilled dough into 30 1" diameter balls. Press each ball flat and put 1 tsp. bean paste in to wrap up. Turn each ball over with smooth side facing up. Press flat again gently. Spread egg yolk over the top of the pastry.
4. Bake in oven for 10 minutes at 400° or until golden brown.

REMARKS: Bean paste is a popular filling for Chinese pastry. White bean paste is made from lima beans. Red bean paste is made from red kidney beans.

Level V - Stuffed Turkey - Spring 1982



Adult Education Class, Rapid City, SD
February 1982



Level I
Fall 1982



Douglas School



Rapid City High



Adult Education Class, Rapid City, SD
February 1982



Level V - Spring 1982

CHAPTER VI

Other Recipes

Sauce & Dip:

1. Basic Salad Sauce
2. Crushed Sesame Seeds with Sugar
3. Hot Hoisin Sauce
4. Hot Pepper Oil or Hot Oil
5. Pepper Salt
6. Roasted Sesame Seeds
7. Sauce for Dumpling and Pot Sticker
8. Sweet and South Sauce

Soup:

1. Basic Chicken Stock
2. Basic Pork Stock
3. Meat Ball Soup
4. Sparerib Soup
5. Spinach, Mushroom & Bean Curd Soup
6. Sour and Hot Soup
7. Tomato Soup with Egg Flowers (or Egg Drops)

Poultry:

1. Beer Duck
2. Braised Chicken with Beer & Sesame Oil
3. Jellied Chicken
4. Kung Pao Chicken

Sea Food:

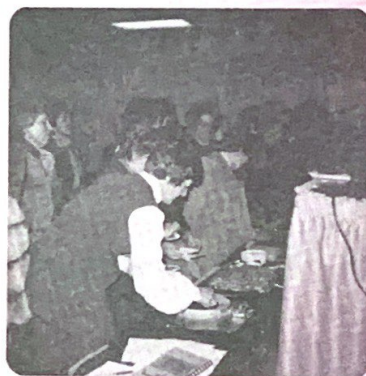
1. Scallops with Bamboo Shoots
2. Shrimp Ball or Shrimp Toast
3. Shrimp Chips
4. Smoked Fish, Shanghai Style

Meat (Pork & Beef):

1. Pork Chops, Shanghai Style
2. Pork with Eggplant
3. Hot Sauce over Beef Slices
4. Pork Cutlet, Chinese Style
5. Pork with Cream of Rice

Desserts & Snacks:

1. Chinese Egg Pancake
2. Chinese Steamed Egg Cake
3. Sweet Rice Balls
4. Thousand Layer Cake



1981 WINTER STOCK SHOW

Sauce & Dip

BASIC SALAD SAUCE

2 tblsp. soy sauce
1 tblsp. vinegar
1 tsp. sesame oil
1 tsp. sugar
1 tsp. mustard powder
1/4 tsp. Accent
1/2 tsp. salt
2 tblsp. crunchy peanut butter (opt.)

Mix all ingredients. For extra nutty flavor, add 2 tblsp. crunchy peanut butter. Mix peanut butter with soy sauce smoothly before adding all other ingredients.

CRUSHED SESAME SEEDS WITH SUGAR

1/2 c. sesame seeds
1/2 c. sugar

Roast sesame seeds in no oil skillet. Put on foil. Crush same seeds with rolling pin. Add sugar and mix. This is a basic sweet filling for dessert and pastry. It is also a dip for sweets.

HOT HOISIN SAUCE

4 tblsp. Hoisin sauce
1 stalk green onion
1 hot green chili pepper
3 tblsp. oil

Heat oil, add Hoisin sauce and green onion. Stir well until sauce is smooth. This is a good dip for cooked meat. Can be spread on Peking doilies for Mu-shu pork and on buns for Peking duck.

HOT PEPPER OIL (or Hot Oil)

1 c. vegetable oil
2 red chili peppers

Break red pepper into small pieces. Heat oil in small pan. Add pepper in oil to cook for 5 minutes. Discard pepper. Store in jar in refrigerator for a long time.

PEPPER SALT

1 tblsp. pepper
2 tblsp. salt

Brown salt and pepper in no oil skillet over low heat until fragrance comes out. Pepper salt is good to have on hand in a shaker. It goes well with any deep-fried or steamed meat.

ROASTED SESAME SEEDS

1 c. sesame seed

Heat sesame seeds in no oil skillet. Stir until lightly browned. It is good to add to salad dressing for rich flavor.

SAUCE FOR DUMPLING & POT STICKER

2 tblsp. soy sauce
1 tsp. sugar
1/2 tsp. hot pepper oil or 1 small chopped green chili pepper
Mix well all the ingredients. For extra flavor, add one of the following ingredients: 1 tblsp. mustard sauce, 1 tblsp. minced ginger, 1 tblsp. chopped green onion. This sauce is very tasty and appetizing over cooked meat.

SWEET & SOUR SAUCE

4 tblsp. sugar
3 tblsp. water
1 tsp. sesame oil
2 tsp. soy sauce
Heat 1 tblsp. oil in skillet, add all ingredients. Bring to a boil, stir well until sauce is thickened. Add more water if too thick.

Soup

BASIC CHICKEN STOCK

Boil 1/2 chicken or chicken bones in 4 c. of water with 1 stalk green onion, 1 slice ginger, 1 tsp. salt or more and 1/4 tsp. pepper for 30 minutes. Take meat out.

BASIC PORK STOCK

Boil 2 or 3 cups of cubed pork in 6 c. of water for 1 hour with 1 stalk of green onion, 1 slice of ginger, 1 1/2 tsp. salt and sprinkle of pepper. Take out meat for other use. Add more water if stock is too rich.

MEAT BALL SOUP

ALL REGIONS

4 c. chicken stock
For meat ball:
1 c. ground pork
1 tsp. salt
1 egg
1 stalk green onion, chopped
1/4 tsp. pepper
2 tblsp. water
1 tblsp. cornstarch
Several spinach leaves
1/2 tsp. sesame oil
1/2 tsp. Accent (optional)

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Method:

1. Mix pork, onion, salt, pepper, egg, cornstarch and water in small bowl.
2. Bring chicken stock to boil. Drop small teaspoon size meat ball in soup. Boil for 20 minutes.
3. Taste soup, add salt and pepper as needed, skim off the surface oil. Then add Accent, sesame oil and spinach leaves. Boil for 1 minute and serve with parsley sprigs.

SPARERIB SOUP

ALL REGIONS

6 c. water
3 c. sparerib cubes
1/2 lb. fresh bean sprouts
1 1/2 tsp. salt and sprinkle of pepper
1 slice ginger
1 stalk green onion
1/2 tsp. Accent (optional)
1/2 tsp. sesame oil

Method:

1. Boil spareribs in water for 40 minutes at medium heat with ginger, salt and pepper.
2. Take surface oil off from soup. Add Accent, sesame oil and bean sprouts to serve.

SPINACH, MUSHROOM AND BEAN CURD SOUP

PEKING

4 c. pork stock
10 spinach leaves
8 fresh mushrooms sliced
1 black dry mushroom soaked in water for 10 minutes
1/2 cake of bean curd
1 tsp. salt and sprinkle of pepper
1 tsp. sesame oil
1/2 tsp. Accent (optional)

Method: Bring stock to boil, add black mushroom (sliced) and mushroom stock. Put in fresh mushroom, sliced bean curd, salt, pepper and Accent. Then put in spinach leaves and sesame oil.

SOUR & HOT SOUP

SZECHUAN

Method:

1. Bring to boil 4 c. chicken stock, season with following ingredients:

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Salt to taste
1/2 tsp. Accent (optional)
2 tblsp. soy sauce
1 tsp. sesame oil
1/2 tsp. pepper
1 tsp. sugar
2 tblsp. vinegar
2 tblsp. chopped onion

2. Add the following vegetables, meat and dry ingredients. Boil for 2 minutes.
2 black mushrooms, sliced
10 pre-soaked lily buds
1/2 cake of bean curd shreds
1/4 c. bamboo shoot shreds
1/2 c. cooked chicken meat shreds
1/2 c. sliced ham or other roasted meat
3. Mix 2 tblsp. cornstarch with 1/2 c. mushroom stock and add to soup.
4. Beat 2 eggs, pour slowly in soup and turn off heat immediately. Stir and serve in individual bowls.

TOMATO SOUP WITH EGG FLOWERS (or Egg Drops)

ALL REGIONS

4 c. chicken stock
1 sm. sliced tomato
1/2 tsp. sesame oil
2 eggs
Salt and pepper to taste
1/2 tsp. Accent (optional)

Method:

1. Bring chicken stock to boil, add tomato, cook for another 2 minutes.
2. Season soup with salt and pepper to taste. Add Accent.
3. Beat eggs in small bowl, bring soup to boil again, pour eggs slowly into soup, then turn heat off immediately. If large egg flowers are desired, stir soup slowly with spoon. If small flowers are desired, stir soup quickly with spoon.

Poultry

BEER DUCK

5 lbs. duck
Sauce: 12 oz. beer - 1 c. soy sauce - 5 tblsp. sugar
Method:

1. Mix sauce in a big bowl.
2. Line pan with foil, put duck in pan and pour sauce over duck.
3. Cover pan with foil. Bake for 1 hour at 375°

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4. Open foil, turn duck to breast-up position and continue to bake for another 30 minutes until duck is brown.
5. Put duck on serving platter.
6. Pour gravy in small saucepan and slow cook until gravy thickens.
7. Pour gravy over duck and serve.

BRAISED CHICKEN WITH BEER AND SESAME OIL

PEKING

4 c. chicken pieces (1" square with bone in or deboned)
1 can beer (12 fl. oz.)
1/2 c. sesame oil
1/2 tsp. Accent
1/2 tsp. salt and sprinkle of pepper
3 stalks green onion (cut into 2" long pieces)
2 cloves garlic (crushed)

Method:

1. Heat skillet with 1 tblsp. oil, put in onion, garlic and stir-fry for 1/2 min. Add chicken pieces and stir-fry for 1 min.
2. Add beer, sesame oil, salt, Accent and pepper.
3. Bring the liquid to boil then turn the heat to medium. Cover skillet and simmer for 1/2 hr. until oil separates from the sauce.
4. Serve hot over rice.

JELLIED CHICKEN

SHANGHAI

1 c. cooked chicken meat (large pieces)
3 slices ham, cut into any design you wish
2 or 3 water chestnuts (chopped)
1 pkg. gelatin
1/2 tsp. salt
1/4 tsp. Accent
1 tblsp. wine
Few pieces of lettuce leaves

Method:

1. Arrange ham pieces in the bottom of an empty bowl.
2. Place chicken pieces on top of ham pieces.
3. Chop water chestnut fine and sprinkle over the chicken pieces.
4. Dissolve gelatin in 1/4 c. water. Pour 1 c. boiled chicken broth into gelatin. Add salt, wine and Accent. Stir well and pour over chicken and ham.
5. Put bowl in refrigerator until broth is jellied.
6. Before serving, place shredded lettuce on top of chicken meat. Cover bowl with platter; turn it over to let the molded jellied chicken slip onto platter.

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KUNG PAO CHICKEN (Spiced Chicken & Peanuts)

SZECHUAN

- | | |
|---|---------------------------------|
| 1 c. chicken breast meat (diced) | 1 tblsp. vinegar |
| 1 egg white, lightly beaten | 2 tsp. ginger juice |
| 2 tsp. cornstarch | 1 tsp. sugar |
| 2 tblsp. soy sauce | 2 tblsp. oil |
| 1 clove garlic (crushed & chopped fine) | |
| 1 tblsp. hoisin sauce | 1/2 c. peanuts (unsalted & raw) |
| | 1 or 2 dried red chilies |

Method:

1. Marinate chicken with egg white and cornstarch. Then mix soy sauce, garlic, hoisin sauce, vinegar, sugar and ginger juice in a separate bowl.
2. Heat skillet with 2 tblsp. oil. Stir-fry chilies and peanuts with medium heat until peanuts are golden brown. Remove to a dish.
3. Turn the heat to high and stir-fry chicken until light brown.
4. Return peanuts to skillet. Add sauce and mix well for 1 min. Serve hot over rice.

Seafood

SCALLOPS WITH BAMBOO SHOOTS

CANTON

- | | |
|-------------------------------|-----------------------------|
| 1 c. fresh scallops | 2 tblsp. green onion shreds |
| 1 sm. zucchini | 3 slices ginger |
| 1 carrot | 1/2 tsp. salt |
| 1 8-oz. can bamboo shoots | 1 tblsp. wine |
| 1 stalk green onion (chopped) | 1 tsp. cornstarch |
| 4 tblsp. oil | 3 tblsp. chicken stock |

Method:

1. Slice scallop and zucchini thin. Parboil carrot and slice thin.
2. Stir-fry chopped onion with 1 tblsp. oil, add 2 c. water; boil for 2 minutes. Take out onion, put in 1 tsp. vinegar. Blanche fresh scallops for a few seconds. Drain and discard water.

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3. Marinate scallops in salt, wine, cornstarch and chicken stock. With 2 tblsp. oil stir-fry scallops and remove.
4. Stir-fry ginger, onion shreds, with 3 tblsp oil. Add bamboo shoots, carrots and zucchini. Then add scallops. Mix well and serve on large platter.

SHRIMP BALL OR SHRIMP TOAST

PEKING

- | | |
|--------------------------------|---------------------|
| 1/2 lb. shrimp (without shell) | 1/2 tblsp. wine |
| 2 oz. pork with fat | 1/4 tsp. Accent |
| 1 egg white | 2 tblsp. cornstarch |
| 1 tsp. ginger juice | 2 tblsp. water |
| Dash of salt and pepper | |

Method:

1. Clean and chop shrimp fine. Put in a bowl. Add salt, wine, etc. Mix well. Put in blender and blend for 3 or 4 minutes. Spoon it into hot oil and deep-fry.
2. OR spread on toast to deep-fry. Decorate plate with lettuce, green pepper, tomato or parsley. (If black sesame seeds are available, put a few on shrimp ball before deep-frying.)

SHRIMP CHIPS

CANTON

Shrimp flavored chips come in dried form in packages. They have different colors. Just deep-fry with very hot oil. The chips will all puff up. Drain on paper towel and store in covered container. Serve as snack or decoration for dishes.

SMOKED FISH, SHANGHAI STYLE

- 1 lb. trout or salmon (cut into 1" wide pieces)

Sauce to marinate:

- | | |
|------------------------------------|-----------------------------------|
| 2 tblsp. soy sauce | 1 tblsp. (or 1 tsp.) liquid smoke |
| 1 tblsp. vinegar | 1 tsp. sugar |
| 2 cloves garlic (crushed & minced) | 1/2 tsp. Accent |
| 1 stalk green onion (chopped fine) | 1/2 tsp. sesame oil |

Method:

1. Mix sauce in a shallow bowl.
2. Coat fish pieces with flour and deep-fry until golden brown.
3. Immediately dip each piece of fish in the sauce and marinate fish for a minute. Take out fish and arrange on serving platter.

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REMARKS: This easy method will give the authentic Chinese smoked fish flavor.

Meat(Pork & Beef)

PORK CHOPS, SHANGHAI STYLE

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|------------------------|----------------------------|
| 4 or 5 thin pork chops | 1/4 tsp. Accent |
| 3 tblsp. soy sauce | 1 tblsp. vegetable oil |
| 1 tblsp. sugar | 1/2 c. thinly sliced onion |

Method:

1. Mix soy sauce, sugar and Accent and 1/2 c. water.
2. Heat 1 tblsp. oil in skillet with medium heat. Add chops and brown on both sides. Remove chops, and stir-fry onion. Put chops back in skillet and add the sauce over chops. Cover and cook slowly for 5 min. (Add more water to cook, if the sauce has evaporated.)
3. Turn chops over and cook for another minute.
4. Serve hot over rice.

REMARKS: 3 cups of pork slices may be used as a substitute.

PORK WITH EGGPLANT

- | | |
|------------------------|-----------------------------|
| 1 c. pork shreds | 1 clove garlic |
| 1 tsp. cornstarch | 2 tblsp. soy sauce |
| 2 tsp. soy sauce | 1 tblsp. sugar |
| Pinch of salt to taste | 1 red chili pepper |
| 1/2 small egg plant | Sprinkle of salt and pepper |
| 2 stalks green onions | |

Method:

1. Shred egg plant and green onion; smash garlic.
2. Marinate pork with soy sauce and cornstarch.
3. Heat 2 tblsp. oil in skillet; stir-fry pork for 2 minutes. Remove.
4. Heat 2 tblsp. oil in same skillet, stir-fry onions, garlic, red pepper and egg plant. Add soy sauce and sprinkle of salt and pepper. Add sugar and 4 tblsp. water to cook for a few minutes until eggplant is very soft.
5. Put meat back in skillet and mix to serve.

HOT SAUCE OVER BEEF SLICES

SZECHUAN

- | | |
|----------------------|------------------|
| 1 lb. pot roast | 1/2 tblsp. sugar |
| 2 stalks green onion | 1/2 c. soy sauce |
| 3 slices ginger | 1/2 tsp. salt |
| 1 star anise | 1/2 c. water |

Hot Sauce:

- | |
|----------------------------|
| 4 tblsp. sesame oil |
| 1 tsp. chili pepper powder |
| 1/2 tsp. pepper |

Method:

1. Cut meat in 2" x 2" pieces.
2. Heat soy sauce, sugar, water, star anise, ginger, green onion. Put meat in and cook for 1 hour.
3. Take meat out; cut into slices.
4. Heat sesame oil, pour in chili pepper powder and pepper. Cover for one minute. Then pour over beef slices. Garnish with parsley sprigs.
5. The meat can be cooled and sliced for sandwich meat.

PORK CUTLET, CHINESE STYLE

PEKING

- | | |
|---|--------------------------|
| 2 lb. pork tenderloin or pork chop meat | 1 c. bread crumbs |
| 2 tblsp. soy sauce | 1/3 c. cornstarch |
| 1/2 tsp. pepper | 2/3 c. flour |
| Pinch of salt | 4 tblsp. water & 2 eggs |
| 1/2 tsp. Accent | Salt and pepper to taste |

Method:

1. Cut pork chop or tenderloin meat into thin slices. Pound meat to tenderize.
2. Marinate meat in soy sauce, pepper, salt and Accent for 1 hour.
3. Make batter with cornstarch, flour, eggs, salt and pepper.
4. Dip meat slices in batter, dip in bread crumbs, then deep-fry until golden brown.

PORK WITH CREAM OF RICE

HUNAN & SZECHUAN

- | | |
|------------------------|----------------------------|
| 2 c. of pork slices | 1 tsp. salt |
| 1 tblsp. soy sauce | 1/2 tsp. pepper |
| 1 1/2 c. cream of rice | 1/2 tsp. five spice powder |

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Method:

1. Marinate pork slices with soy sauce, and five spice powder.
2. Brown cream of rice in no oil skillet for 2 minutes. Add salt and pepper.
3. Dip each piece in cream of rice and line them in a well-oiled bowl.
4. Put bowl in steamer tray and steam for 40 minutes.
5. Turn bowl upside down on a serving plate. Remove bowl and serve.

Desserts & Snacks

CHINESE EGG PANCAKE

ALL REGIONS

- | | |
|------------|----------------------|
| 1 c. flour | 1 tsp. baking powder |
| 2 eggs | 2 or 3 tblsp. sugar |
| 1 c. milk | |

Method:

1. Mix all ingredients well. Batter should be very smooth.
2. Heat skillet with 1 tblsp. oil, pour 1/2 c. of batter in. Swirl around to spread it thin. Brown one side lightly. Turn over to brown the other side. Serve plain or with butter and jam for breakfast.
3. Yield: 4 7-inch diameter pancakes.

CHINESE STEAMED EGG CAKE

ALL REGIONS

- | | |
|------------------------|-------------------------|
| 1 1/2 c. flour | 3 tblsp. milk |
| 1 tsp. vanilla extract | 1 c. cherry pie filling |
| 5 eggs | 1/2 c. crushed nuts |
| 2/3 c. sugar | |

Method:

1. Oil 9" cake pan. Beat eggs & sugar until stiff. Add milk, vanilla; beat for 2 more minutes.
2. Beat flour in with egg mixture.
3. Pour mixture in oiled cake pan and steam for 10 minutes until springy.
4. Spread cherry filling over cake. Sprinkle nuts over and serve.

REMARKS: This recipe can be made into two or three round sheet cakes. Spread jelly over sheet cake. Roll each sheet cake up like jelly roll cake, then cut in thin slices and serve.

SWEET RICE BALLS

PEKING

Dough:

- 2 1/2 c. sweet rice flour
3 tblsp. cornstarch
1/2 c. boiling water
1 tblsp. oleo or vegetable oil
3 tblsp. sugar
1 or 1 1/2 c. water

Filling:

- 4 tblsp. sesame seed (crushed & roasted)
2 tblsp. sugar
1 tblsp. oleo

Mix well.

Method:

1. To make dough: Mix boiling water with cornstarch, add oleo, sugar and sweet rice flour and water (1 or 1 1/2 c.). Knead until smooth.
2. Cut dough into small pieces, flatten each small piece and put filling in. Pinch together into a round ball.
3. Steam sweet rice balls on greased foil or Saran wrap for 8 to 10 min.
4. Remove and decorate each ball with powdered sugar or coconut.
5. Serve either hot or cold.
6. Sweet rice balls can also be deep fried or boiled in water.

THOUSAND LAYER CAKE

ALL REGIONS

- 1 recipe of yeast dough

Filling:

- | | |
|--------------------------|-------------------------|
| 2 tblsp. cinnamon powder | 1/4 c. melted oleo |
| 1 c. powdered sugar | 1/2 c. dried fruit bits |
| 1 1/2 c. flaked coconut | |

Method:

1. Follow yeast dough directions to make dough. Mix filling ingredients together.
2. Divide dough into 2 parts. Roll each half into 8" x 10" rectangle. Spread 1/6 of the filling over sheet evenly. Fold third to middle. Turn this 3 layer dough around, and roll it out to 8" x 10" sheet again. Do the same two more times. Then make the layer cake into an 8-inch square. Top with dried fruit bits. Let rise for 20 min. and steam for 15 minutes.
3. Cut into diamonds to serve hot or cold.

Chinese Dinner Party

DIFFERENT METHODS OF SERVING:

There are four styles in which to serve a Chinese meal: namely, banquet, family, buffet and potluck.

Banquet style is formal, where each dish is served separately as a course. The guests will be able to enjoy each dish individually. The disadvantage of this style is that the hostess has to stay in the kitchen all of the time cooking, unless the dinner party is held at a restaurant or is prepared by a hired cook in your kitchen.

Family style serves each dish simultaneously, which allows the host and hostess to join in for the dinner. But in preparing the menu, ready-to-serve dishes should be planned.

Buffet style, adopted from the West, has become quite popular in China. It is an efficient, practical and convenient way of serving. This style solves many of the difficulties of Chinese dinner party planning. With this style, more guests can be invited. However, the menu should include cold, stewed, steamed and braised dishes which can be prepared ahead of time. The menu should not include juicy, whole fish or whole chicken dishes as they are messy, cumbersome and difficult to serve.

A potluck dinner is similar to buffet style, where each person or couple brings a dish to share. Here again, choosing of the menu is important. It is better to have ready-made dishes to bring, otherwise too many cooks will create confusion in the hostess's kitchen.

HOW TO PLAN A CHINESE PARTY:

"How do we plan a Chinese dinner party?" This has been a question often asked with the following ones: "How many dishes should be served?"; "How can the dinner be ready with all of those last minute cooking details?"; "What wine goes well with a Chinese dinner?"; "What dessert should be served?".

Planning a Chinese dinner party is a very satisfying experience. One has to organize the menu carefully. The menu should include a variety of cooking methods, meats, tastes and colors. The host and hostess should know the number of guests, their likes and dislikes. The menu for a formal Chinese dinner should include one appetizer, soup, one poultry dish, one meat dish, one vegetable dish or salad, rice or noodles, a light dessert and tea. Quite often the appetizer and soup courses are eliminated for informal dinners. Fresh

fruits, or fruit sherbert and cookies, go well with a Chinese dinner. Your favorite white wine or beer is ideal to serve.

In order to avoid last minute confusion and panic, the menu should include different methods of cooking. Braised, stewed and steamed dishes can be cooked ahead and kept warm in oven or steamer. Cold salad can be refrigerated until serving. Some vegetable dishes can be kept at room temperature before serving. Only one or two stir-fry dishes can be planned for last minute cooking.

Once the menu is planned, list all the necessary ingredients. Do your shopping the day before. Try to think through the steps for each dish that can be prepared ahead of time. Then start organizing for each dish by putting all necessary ingredients on one tray, cover with Saran wrap and refrigerate it until time to use. For working people, cutting and marinating can be done the night before. It is also helpful to do house cleaning the day before and table arrangements can be made on the morning of your party. In general, do as much preparation as you can before the actual cooking, and do as much advance cooking as you can to avoid last minute work. Remember, efficient organization is the key word to success.

Formal Dinner

In general the seat at the inner side of the room facing the entrance is for the guest of honor, while the seats on the serving side are for the host and hostess. The guest of honor is always seated facing the host.

A formal Chinese dinner for 10 or 12 people begins with four cold dishes or appetizers, followed by four quick sautéed dishes, and then four main courses. Sometimes they serve six main dishes, soup is always served later and dessert last or before main courses.

SAMPLE MENU:

Appetizers (served simultaneously)

- | | |
|---------------------------|-----------------------------|
| 1. Wine chicken | 3. Spicy fish slices |
| 2. Steamed ham with honey | 4. Chicken & cucumber salad |
- Four sautéed dishes (served one at a time)

- | | |
|-----------------------------|---------------------------|
| 1. Shrimp with cashew nuts | 3. Sautéed pork kidney |
| 2. Chicken with chili sauce | 4. Crab meat with cabbage |

Four main courses (served one at a time)

- | | |
|------------------------------------|------------------------------|
| 1. Shark's fin with chicken shreds | 3. Crispy duck, home style |
| 2. Stewed prawn with tomato sauce | 4. Sweet and sour whole fish |

Soup: Assorted meat soups in winter melon

Dessert (with one sweet soup)

Eight Treasure rice

Sweet lotus seeds soup

Suggested Menus

Dinner for Eight

- I. Chicken velvet soup
Egg roll
Sweet and sour meat
Beef with broccoli
Roast pork with Hoisin sauce
Chinese salad
Creamed cabbage with dry shrimp and black mushrooms
Fresh sherbert and sesame cookies
Rice & tea Wine (optional)
- II. Sour and hot soup
Fried won-ton
Chicken cashew
Roast pork, home style
Pearled meat ball
Pickled cabbage with oil and pepper
String beans, Chinese style
Almond bean curd and almond cookies
Rice & tea Wine (optional)
- III. Tomato soup with egg flowers
Shao-mai
Diced pork with Hoisin sauce
Black bean spareribs
Oven steamed fish
Yu-lan-chi
Sweet and sour radish
Ice cream and sesame leaves
Rice & tea Wine (optional)
- Buffet Style**
- Egg roll
Braised chicken with eggs
Soy meat platter
Almond pressed duck
3,6,9 sweet and sour pork
Cream cabbage with dry shrimp and black mushrooms
Chinese salad
Ma-la-kao Rice & tea

Luncheon

- I. Spinach soup
Shao-mai
Curry chiao
Pretzel twist
Tea
- II. Won-ton soup
Pearled meat ball, OR
Rolled pancake with meat
filling
Curry chiao with cherry
filling
Tea

CROSS REFERENCE

SAUCE & DIP:	Chap/Pg.No.	SEAFOOD, cont'd:	Chap/Pg.No.
Basic Salad sauce	VI 79	Oven steamed fish	IV 59
Cr. sesame seeds w. sugar.	I, VI 13, 79	Scallops w. bamboo shoots	VI 84
Hot hoisin sauce	VI 79	Shrimp ball or shrimp toast	VI 85
Hot pepper oil or hot oil	II, VI 26, 79	Shrimp chips	VI 85
Pepper salt	VI 79	Smoked fish, Shanghai style	VI 85
Roasted sesame seeds	II, VI 27, 79	Sweet & sour prawns	III 35
Sauce for dump/pot stickers	VI 80	Sweet & sour fish	III 41
Sweet & sour sauce	VI 80	Sizzling rice w. shrimp	II 24
Soup:		Stuffed shrimp with crab & pork	V 63
Basic chicken stock	VI 80	Three-color shrimp	V 63
Basic pork stock	VI 80	BEEF:	
Chicken velvet soup	IV 51	Beef jerky	III 36
Meat ball soup	V 80	Beef steak, Chinese style.	IV 55
Rice crust soup	IV 53	Beef w. peapods	I 5
Sparerib soup	VI 81	Curry chiao.	I 6
Spinach/mushroom/bean curd.	VI 81	Egg roll	I 3
Sour and hot soup	VI 81, 82	Fire pot	III 43
Tomato soup w. egg flowers.	VI 82	Fried dump. or pot sticker.	II 19
Won-ton soup	I 9	Fried won-ton.	I 12
DUCK:		Hot sauce over beef slices.	VI 87
Almond pressed duck	II 22	Meat stuffed Chinese pancakes	V 67
Beer duck	VI 82	Oyster beef with bamboo shts	IV 54
Eight-jewel duck.	III 38	Pao-tze (steamed dump.).	I 7
Peking duck	II 26	Pearled meat ball.	I 21
CHICKEN:		Rolled egg pancake with meat filling	III 39
Braised chicken w. beer & sesame oil	VI 83	Satay beef	V 72
Braised chicken w. eggs	I 12	Sliced beef w. curry sl.	III 42
Chicken cashews	I 6	Shao-mai	II 25
Chicken velvet	IV 50	Soy meat w. master sauce	III 33
Chicken velvet ball w. veg.	V 70, 71	Stir-fry liver and onion	III 33
Chicken velvet soup	IV 51	Zucchini & beef sandwich	IV 48
Chicken velvet w. shrimp/ green peas	IV 51	PORK:	
Chinese salad	II 23	Barbequed pork chops w. satay sauce	V 72
Curry chicken w. gravy.	V 69	Char-siu pao-tze	V 68
Egg roll w. chicken & ham	V 74	Chinese B-B-Q pork or spare- ribs (Char-siu)	V 65
Fire pot	III 43	Chinese sausage	IV 57
Foiled chicken.	I 10	Diced pork w. hoisin sauce	IV 47
Jellied chicken	VI 83	Double cooked pork slices	IV 53
Kung pao chicken.	VI 84	Egg roll w. chicken & ham	V 74
Lemon chicken	V 70	Fire pot	III 43
Soy meat w. master sauce.	III 33	Fish flavored pork shreds.	V 65
Stick chicken salad, or bon-bon chicken	IV 58	Fried dump. or pot sticker.	II 19
Sweet & sour meat	I 4	Fried won-ton.	I 12
Yu-lan-chi, chicken & ham in green paradise	III 34	Lion's head.	I 10
TURKEY:		Lobster w. pork sauce.	IV 49
Roast turkey, Chin. style	V 73-74	Mu-shu pork.	I 14
SEAFOOD:		Pao-tze (steamed dumpling).	I 7
Butterfly shrimp	II 20	Pearled meat ball.	II 21
Chow-mein (Fried noodles)	I 14	Pork chops, Shanghai style	VI 86
Crab balls	IV 52	Pork cutlet, Chinese style	VI 87
Fire pot	III 43	Pork w. cream of rice.	VI 87
Lobster w. pork sauce	IV 49	Pork w. eggplant	VI 86
	93	Pork w. salted black beans	IV 50
		Roasted pork w. hoisin sce	II 20
		Roasted pork, home style	IV 47

PORK, cont'd		Chap/Pg.No.
Roasted pork sandwiches	III	37
Rolled egg pancake w. meat filling	III	39
Shao-mai	II	25
Soy meat with master see.	III	33
Stuffed mushrooms	V	71
Stuffed shrimp w. crab & pork	V	63
Sweet & sour meat	I	4
Sweet & sour spareribs	II	28
3,6,9 sweet & sour spareribs	II	28
Zucchini & pork sandwich	IV	48
VEGETABLES:		
Beef w. peapod	I	5
Carrot & Cabbage salad	V	64
Chicken velvet balls w. veg	V	70-71
Chin. cabbage pickled w. oil & pepper	IV	49
Chinese salad	II	23
Cr. cabbage w. dry shrimp & black mushrooms	II	29
Mixed Chinese vegs	V	66
Stick chicken salad or bon-bon chicken	IV	58
String beans, Chinese style	III	42
Stuffed mushrooms	V	71
Sweet & sour cabbage	II	25
Sweet & sour cucumber	III	34
Sweet & sour radish	II	20
Zucchini & pork sandwich	IV	48
SNACKS:		
Baked sesame buns	III	37
Char-siu, pao-tze	V	68
Chinese egg pancakes	VI	88
Chow-mein (fr. soft noodles)	I	14
Crab shell buns	IV	52
Curry chiao	I	6
Egg roll	I	3
Egg roll w. chicken & ham	V	74
Foiled chicken	I	10
Fried dumpling or pot sticker (Kuo-tieh)	II	19
Fried rice	I	11
Fried won-ton	I	12
Meat stuffed Chinese pancakes	V	67
Onion pancake	II	23
Pao-tze (steamed dumpling)	I	7
Sesame leaves	III	44
Silver thread loaves	IV	56
Shao-mai	II	25
Sm. pancake (Peking doilies)	I	14
Steamed snail buns	IV	56
Tang-pao	I	8

DESSERTS:		Chap/Pg.No.
Almond bean curd	I	13
Almond cookies	IV	54
Candied walnuts	IV	48
Chinese pastry w. lima bean paste or red bean paste	V	75
Chinese steamed egg cake	VI	88
Eight treasure rice	I	15
Glazed fruit	II	27
Lychees dessert	V	71
Ma-la-Kao (Chin. steamed cake)	II	21
Pretzel twist	V	69
Rice cake	V	73
Sesame cookies	I	13
Sesame leaves	III	44
Sweet rice balls	VI	89
Thousand layer cake	VI	89
STAPLE FOODS & BREAD:		
Baked sesame buns	III	37
Chinese bread dough	III	35
Chinese bread sandwich	II	27
Chow-mein	I	14
Chinese onion pancake using flour tortillas	V	67
Crab shell bun	IV	52
Fried noodles	I	7
Fried rice	I	11
Onion pancake	II	23
Onion pancake w. yeast dough	V	64-65
Silver thread loaves	IV	56
Sm. pancakes (Peking doilies)	II	14
Steamed or boiled rice	I	3
Steamed flower roll	III	36
Steamed snail buns	IV	56
Yeast dough	IV	56

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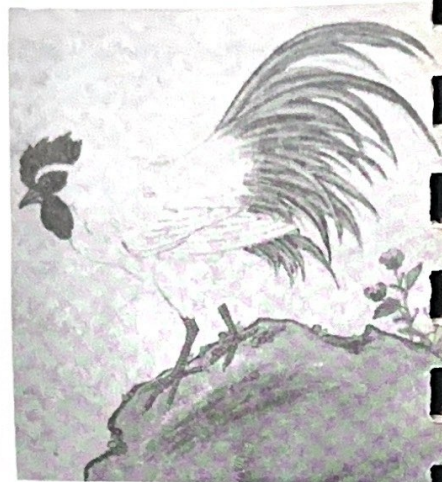
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